विद्या



A Sanskrit Dictionary of Spirituality
Scholar's Terms

First Edition

Octavian Sarbatoare

A Sanskrit Dictionary of Spirituality

Scholar's Terms

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Preface to first edition and introduction

This dictionary is specialised and unique in its construct. Unfolds an array of classifications that allows the development of multiple concepts just by following the trails of bold words. In order to avoid repeating explanations, under various entries, a certain spiritual word is described in one place only. This makes the dictionary very compact.

The main text is arranged in roman alphabetical order. This method does not take into account having a certain order of letters with diacritical signs (i.e. bars above vowels or the dots under consonants), although it keeps correct the international transliteration of **Devanāgari**, the Sanskrit alphabet. Those readers having knowledge of **Devanāgari**, can easily write any word from its transliterated form.

Many Sanskrit composed words are split in order to make it easy for the reader, but they can be written in composed or separated forms equally. For this reason the arrangement in roman alphabetical order does not take into account the space between two words.

The dictionary does not provide lengthy description of words, but emphasises on the key spiritual meanings and connections with other entries. The explanation of various yogic or other techniques is beyond the purpose of this work; they have to be learned from specialized written material or a qualified teacher, etc.

Sometimes there is more than one significance behind an entry. The alternatives are mentioned without going in much detail, but as guidance for further studies only. The few roots or literal information mentioned herein are to emphasize the significance of an entry. For more details about the origination of words should be consulted specialised Sanskrit dictionaries.

This work contains many useful classifications in Hindu spirituality. A number of classical works names are mentioned, thus allowing the reader to pursue further studies on the subject. There is of course a larger Sanskrit spiritual terminology, however a limit has to be set up in regards to the details herein presented.

The basic text was finalised during one of my trips to India at Deoghar in the year 2001. But, its publication waited until 2009, when the conditions were proper for an easy presentation to the public, considering the multiple possibilities that are now available on the Net.

This dictionary is made for the serious spiritual seeker only, the one who is ready to undertake research into the deep field of Indian consciousness thought. For many years to come this free electronic book will be present on the Internet for the purpose of serving the keen seeker of spiritual liberation.

Octavian Sarbatoare
Sydney, 2009, Australia

A

Abhaya

Fearlessness as one of the twenty-six **Daivīsampat**-s

Abhaya Mudrā

The gesture of dispelling fear (**Bhaya**)

Abhigamana

vide **Upāsana**

Abhimāna

The ego awareness, a synonym for **Asmitā**

Abhimata

A pleasant object for meditation

vide also **Dhyāna**

Abhiniveśa

Will to live, as one of the five **Kleśa**-s, known also as **Āśiṣ**

vide **Vāsanā**

Abhiṣeka

A ceremonial purification either of a deity or an individual by bathing or sprinkling water

Abhivyakti

Manifestation

vide also **Abhivyaktikāraṇa**, **Vyakta**

Abhivyaktikāraṇa

The cause of manifestation (**Vyakta**)

Abhyāsa

Practical application of spiritual teachings as a way to obtain perfection and liberation

Abhyāsin

A practitioner of any form of **Abhyāsa**; a **Sādhaka** or **Yogī**

Ācamana

A ceremonial rite of sipping water from the palm of the hand and sprinkling it on the body on various parts for the purpose of purification

It is used also for purification before meals or religious ceremonies.

Acāpala

Absence of fickleness as one of the twenty-six **Daivīsampat**-s

Ācāra

Lit. 'manner of action, conduct, practice; rule'

Way of spiritual life

In Tantra are distinguished seven ways of spiritual life namely **Vedācāra**, **Vaiṣṇavācāra**, **Śaivācāra**, **Dakṣiṇācāra**, **Vāmācāra**, **Siddhāntācāra** and **Kulācāra.**

Ācāra Tantra

The practice of **Tantra**

Ācārya

Teacher

Ācchāvāka

Lit. 'the one who invites'

In the **Veda**-s a helper priest assisting the **Hotṛ** priest

Ādāna

The action of taking or receiving

vide also **Anaṅgamadanāṅkuśā**

Ādarśa

The sense of super-ordinary seeing

vide also **Prātibha**

Adbhuta

Wonder as one of the **Rasa**-s

Adhaḥśākha

Lit. 'lower branch'

A representation of the world as having branches below and upper roots as **Ūrdhvamūla** of **Brahman**

Adhaḥśakti

The lower, one of the **Kuṇḍalinī Śakti**-s

Ādhāra

Support; foundation

Ādhāra Padma

Centre in the body for **Dhāraṇa** practicing, known also as **Deśa**

Adharma

Sin as one of the eight **Bhāva**-s; unrighteousness

vide also **Dharma**

Adhideva

vide **Adhidevatā**

Adhidevatā

Presiding (tutelary) deity, same as **Adhideva**

Adhikāra

Lit. 'right, privilege'

One's competency for spiritual **Sādhanā** as assessed by the **Guru** before initiation

Adhikārabheda

Lit. 'right of separation'

The coexistence of various doctrines and believes in the history of India, all as forms of one Reality (**Sat**)

Adhikārin

Lit. 'fit for; entitled to'

A name of a qualified aspirant for spiritual life, a competent **Sādhaka**

Adhimātra Tīvrasaṃvega

High intensity of eagerness as one of the three **Tīvrasaṃvega**-s

Adhiṣṭhāna

Lit. 'abode, residence, site; standing by'

A locus or medium to experience with

Adhvabheda

The process of time difference between **Atīta**, **Vartamāna** and **Anāgata Dharma**-s

Adhvara

In the **Veda**-s a non-injuring sacrifice consisting of preliminary preparations and duties before the sacrifice itself

vide also **Adhvaryu**

Adhvaryu

One of the four Vedic priests (**Ṛrvija**-s) the one who chants the hymns of the **Yajur Veda** while performing **Adhvara**

An **Adhvaryu** is assisted by three helper priests viz. **Pratiprasthātṛ**, **Neṣṭṛ** and **Unnetṛ.**

Adhyātma

*Lit. 'origin of **Ātma**'*

The Supreme Spirit; the science of the Supreme Spirit as **Śāstra**

Adhyātma Vidyā

Knowledge of the Supreme Spirit

Ādinātha (also Ādīśvara)

A name of **Śiva** as the original **Guru**, the Primal Lord

Aditi

Lit. 'boundless, infinity'

One of the most ancient known Mother Goddess referred to in the **Ṛg Veda** as being the daughter of **Dakṣa,** mother of the **Āditya**-s and of the gods

Ādīśvara (see Ādinātha)

Āditya

Lit. 'primal light'

A Vedic class of deities; principle sustaining nature and the universe

Traditionally there are twelve **Āditya**-s, correlating with the twelve solar months. The most important is **Savitṛ** (**Sūrya**) hence the name **Āditya** for the Sun God. The are: **Aṃsā**, **Aryaman**, **Bhaga**, **Dakṣa**, **Mitra**, **Pūṣan**, **Śakra**, **Savitṛ**, **Tvaṣṭṛ**, **Varuṇa**, **Viṣṇu** and **Vivasvat** (ref. **Taittirīya Āraṇyaka**, I.13).

vide also **Antarāditya Vidyā**

Ādiyogācārya

The first teacher of **Yoga**, i.e. **Śiva**

Adroha

Absence of hatred as one of the twenty-six **Daivīsampat**-s

Advaita

Lit. 'without duality'

The doctrine of non-duality in which the Supreme Soul **Paramātman** is identified with the human Soul **Jīvātman**

All existence is being regarded as one reality. **Śaṅkara** is the best known writer on the subject.

Ādyā

Lit. 'eternal'

One of the **Nityā Śakti**-s; the original **Śakti** who is the source of all other **Nityā Śakti**-s

Ādyā Nityā Śakti corresponds to the full-moon. It is known also as **Tripurasundarī**, **Aṅgi Nityā** and symbolizes **Devī** Herself. The **Mantra** for **Ādyā Nityā** is **Sklhrīṃ.**

Ādyā Nityā Śakti

The eternal original power

vide also **Ādyāśakti, Vimarśa Śakti**

Ādyāśakti

Primordial power as aspect of the goddess **Kālī**

Ādyāśakti, **Ādyā Nityā Śakti**, **Vimarśa Śakti** are all the same.

Āgama

Lit. 'coming near, approaching; studying; acquisition of knowledge'

Authoritative work; testimony

Sacred works of **Tantra**-s in which **Śiva** is **Guru** (spiritual teacher) and **Devī** (as **Pārvatī**) is **Śiṣya** (disciple); a testimony based on a previous **Pramāṇa** and if correct imparted is one of the three **Pramāṇa**-s.

vide also **Nigama**

Āgāmikarma

Action yet to be performed and its results

Agastya

Name of a sage, also a name of **Śiva**

Aghora

Lit. 'not terrific'

A name of **Śiva**; a worshipper of **Śiva** and **Devī**. **Aghori** is a female **Aghora**

vide also **Aghora Mārga**

Aghora Mārga

A particular sect of **Śaiva**-s of non-conventional practices considered to be pure **Tantra** adepts (**Tāntrika**-s)

Aghori

vide **Aghora**

Āgneyī Dhāraṇā

The **Dhāraṇā** on fire as one of the **Pañcadhāraṇā**-s

Agni

Lit. 'fire'

The Vedic god of fire known also as **Agnideva**; the sacrificial fire; the fire of the stomach; the **Devatā** of **Suṣumnā Nāḍī**; the power of transformation

As a Vedic god **Agni** was **Indra**-s brother and essential to the practice of ritual sacrifice. As sacrificial fire in the **Veda**-s, **Agni** is of three kinds namely **Gārhapatya**, **Dakṣiṇa** (or **Anvāhāryapacana**) and **Āhavanīya**. Esoterically **Agni** is the consciousness (**Cit**), the three kinds of sacrificial fires are expressions of levels of awareness and therefore equated with **Maṇipūra**, **Anāhata** and **Viśuddhi Cakra**-s.

vide also **Jātharāgni**, **Sūrya**, **Agnitraya**, **Cidvahni**, **Agni Sūrya Indra**, **Upakosala Vidyā**

Agni Bīja

The **Mantra Raṃ** associated with **Maṇipūra Cakra**

Agnicayana

The act of preparing the Vedic sacrificial fireplace

Agnideva

vide **Agni**

Agnīdhra

In the **Veda**-s a helper priest assisting the **Brāhmaṇa** priest by kindling the sacrificial fire

Agnigṛha

A place keeping the sacred fire known also as **Agniśāla**

Agni Gṛhapati

Agni the lord of the house with the sacred fire; the fire of the body

It is also one of the eight **Devasū**-s, an aspect of **Agni**.

Agnihoma

The oblation put into the sacrificial fire like milk, ghee, cooked cereal, etc., according to the ritual of **Agnihotra**

It is also known as **Homa**.

Agnihotra

The rite of sacrificing to **Agni**

It is of two kinds namely **Nitya** (necessary) and **Kāmya** (optional). **Agnihotra** rite is concluded by **Agnyupasthāna** (the worship of **Agni**). Vide **Hotrā Arghya Havi** for the object of oblation with

fire. As a yogic practice **Agnihotra** is identified with **Prāṇāyāma.**

vide also **Ātmārpaṇa**

Agnihotrāhūti

The rite of sacrificing (oblation) to **Agni** with invocation (recitation) of sacred formulas (**Mantra**-s)

Agnihotrin

The performer of an oblation to fire; one of the four Vedic priests (**Ṛtvija**-s) the one who chants the hymns of the **Rg Veda**

Same as **Hotrin** or **Hotṛ**.

Agnikhaṇḍa

Group containing **Mūlādhāra** and **Svādhiṣṭhāna Cakra**-s and **Brahmagranthi**

The presiding deity of this **Khaṇḍa** is **Agni**, the **Guṇa** is **Tamas** and corresponds to the cosmic planes to **Bhūrloka**, **Bhuvarloka** and **Svarloka.**

Agnikoṇa

The quarter ruled by **Agni** on southeast position known also as **Agnidiś**

Agnikuṇḍa

vide **Homakuṇḍa**

Agnisāra Dhauti

vide **Antardhauti**

Agni Sūrya Indra

The trinity of **Veda**-s

There is a fundamental parallel with the concept of **Jñātā Jñāna Jñeya** in the **Tantra**-s in which **Agni** becomes the one who knows (**Jñātā**), **Sūrya** the knowledge (**Jñāna**) and **Indra** the object of knowledge (**Jñeya**).

vide also **Indra Agni Soma Sūrya**, **Sat Cit Ānanda**

Agnisūtra

The thread of fire as a rite for a young **Brāhmaṇa**'s investiture

Agnitraya

The three sacrificial (sacred) fires (vide **Agni**) known also as **Agnitretā**

Agnivādin

Worshipper of fire

Agni Yoga

The fire of **Yoga** generated by various techniques, **Prāṇāyāma** being the most important

It is considered that a **Yoga** practitioner starts the spiritual growth once touched by the fire of **Yoga.**

Ahaṃ

Lit. 'I'

The union of A the first letter and Ha the last letter of the Sanskrit alphabet (**Devanāgari**)

This union contains within all the letters of the **Mātṛkā**, therefore as a **Mantra** is an expression of

Śabda in all its forms.

Ahaṃbrahmāsmi

'I am **Brahman**', a celebrated statement in the **Upaniṣad**-s

vide also **Mahāvākya**

Ahaṃkāra

Lit. 'I am the doer'

The principle of Ego-formation as kind of separation from the divine

It is fundamental that **Ahaṃkāra** has to die before the higher consciousness will emerge. The explosion of **Ahaṃkāra** happens in **Ājña Cakra**.

vide also **Vajreśvarī**, **Sarvasiddhiprada Cakra**, **Ākāśa**

Ahaṃkārākarṣiṇī

The attractive power of **Ahaṃkāra**

vide also **Sarvāśāparipuraka Cakra**

Ahaṃkāratattva

The **Tattva** of **Ahaṃkāra**

Āhāra

Lit. 'food'

The dietary rules as part of **Yoga** practices

The food is divided according to the three **Guṇa**-s.

Āhavanīya Agni

One of the three sacrificial fires taken from the **Gārhapatya Agni**

In this fire the oblation is offered. In the human body it is located in the neck area. Esoterically it represents the level of consciousness of **Viśuddhi Cakra**.

vide also **Agni**

Ahiṃsā

Lit. 'non-injuring'

Non-injury or non-violence as one of the twenty-six **Daivīsampat**-s and one of the five **Yama**-s in **Yoga**

Ahiṃsāpratiṣṭhā

A state in which **Ahiṃsā** is firmly established

In the presence of a **Yogī** possessing **Ahiṃsāpratiṣṭhā** all enmities will cease.

side also **Vairatyāga**

Āhūti

Lit. 'invoking'

A sacred rite of offering oblation with fire accompanied by certain magic formulas (**Mantra**-s)

vide also **Agnihotrāhūti**

Aiśvarya

Competence as one of the eight **Bhāva**-s

vide also **Anaiśvarya**

Ājānaja Deva

Lit. 'born in the world of gods'

A god by birth

A person of remarkable divine qualities supposed to be inherited from previous births. Another kind of god is a **Karma Deva,** who is created by own actions, i.e. he/ she has to work to qualify for the name.

vide also **Ānandamaya Vidyā**

Ajapā Gāyatrī

vide **Soham**

Ajapa Japa

The recitation of **Haṃsaḥ Mantra** or **Soham Mantra** with awareness of the breath, also known as **Ajapajapa**

Ājñā

Lit. 'to perceive, understand'

Order, command

Ājñā Cakra

The **Cakra** of command

One of the major **Cakra**-s in the human body **Ājñā Cakra** is located at the Medulla Oblongata, the top of the vertebral column i.e. behind the **Bhrūmadhya**. The level of awareness in **Ājñā Cakra** is **Taparloka**.

vide also **Yuktatriveṇī**, **Jñāna Cakṣu**, **Divya Cakṣu**, **Jñāna Netra**, **Itaraliṅga**, **Ahaṃkāra**

Ājñāna

A synonym for **Avidyā**; ignorance as one of the eight **Bhāva**-s

vide also **Jñāna**

Ākāra

With form; manifested as a name for **Saguṇa Brahman**

vide also **Nirākāra**

Ākarṣaṇa Siddhi

The power of attracting

vide also **Siddhi**

Ākāśa

Ether; space

The **Aṃśa**-s (constituent parts) of **Ākāśa** in the **Piṇḍāṇḍa** are **Ahaṃkāra**, **Citta**, **Buddhi**, **Manas** and **Antaḥkaraṇa**.

vide also **Bhūta**

Ākāśatattva

The **Tattva** of **Ākāśa**, known also as **Vyomatattva**

In the **Ākāśatattva**, **Jīvātman** resides dormant and non-manifest in the human body.

Ākāśa Vidyā

The knowledge of **Ākāśa**

A **Veda Vidyā**, (one of the thirty-two **Vidyā**-s) referring to **Ākāśa** as pervading everything. This endless **Tattva** has to be seen in connection with the **Tanmātra** of **Śabda** and the sound of **Udgītha.**

vide also **Dvātriṃśat Vidyā**

Ākāśī Dhāraṇā

The **Dhāraṇā** on space as one of the **Pañcadhāraṇā**-s

Akhaṇḍa

Without division

vide also **Khaṇḍa**

Akhaṇḍāgni

Uninterrupted fire

Akrodha

Absence of anger (**Krodha**) as one of the twenty-six **Daivīsampat**-s

Akṣa

vide **Rudrākṣa**

Akṣamā

Not letting go of a negative experience as opposed to **Kṣamā**

Akṣara

Lit. 'imperishable'

A syllable; a name for the syllable **Oṃ**; a name for **Brahman**

Akṣarākṣara Vidyā

The knowledge of the imperishable (**Brahman**)

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s in which the knowledge of **Brahman** is the higher **Vidyā** by which the imperishable is realized.

vide also **Dvātriṃśat Vidyā**

Akṣayapatra

Lit. 'never ending leaf'

A symbol of abundance, as the leaf could serve as plate for food

Akṣi Vidyā

The knowledge of the eye

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s. It is a **Devayāna** path in which **Puruṣa** is meditated upon internally as **Indra** in the right eye and **Indrāṇī** in the left eye. The conjoint meditation leads to the knowledge of **Saguṇa Brahman** if this **Vidyā** as correlated with **Antarāditya Vidyā.**

vide also **Dvātriṃśat Vidyā**

Akula

vide **Kaula**

Alabdhabhūmikatva

The state of lack of concentration as one of the nine **Citta Vikṣepa**-s

Alakhbāra

Lit. 'invisible boundary'

A place of seclusion where **Paramahaṃsa Sannyāsin**-s live

Ālambana

Object of an experience having **Āśraya** as its basis

vide also **Vāsanā**

Alaṃbusā Nāḍī

The **Nāḍī** connected to the centre of the forehead

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvasaṃkṣobhiṇī**

Ālasya

Laziness as one of the nine **Citta Vikṣepa**-s and one of the seven **Varjana**-s

Aliṅga

Lit. 'without sign'

A synonym for **Avyakta Prakṛti**; a stage of non-differentiation when **Guṇa**-s are in equilibrium and **Asmitā Samādhi** is experienced (vide **Guṇaparva**)

Āloka

Light as experience beyond the **Loka**-s

vide also **Jyotiṣmatī Pravṛtti**

Aloluptva

Freedom from desire as one of the twenty-six **Daivīsampat**-s

Amanaska

The knowledge of **Brahman** beyond the mental plane

vide also **Manaska**

Amānitva

Humility as a virtue of wisdom

Ambhasī Dhāraṇā

The **Dhāraṇā** on water as one of the **Pañcadhāraṇā**-s

Ambikā

Great Mother as a name of **Devī**

Amla

Sour, one of the essential tastes (**Rasa**-s)

Amṛta

Nectar of immortality, ambrosia

vide also **Soma, Soma Rasa**

Amṛtākarṣiṇī

The attractive power of **Amṛta**

vide also **Sarvāśāparipuraka Cakra**

Amṛta Pān

Taking of the nectar (**Amṛta**)

Tantric ritual of divine nectar. There are external and internal techniques.

Amṛtāpūrṇa

Lit. 'filled with nectar'

A state of purity of mind of a **Yogī**

vide also **Aṣṭasiddhi**

Aṃsā

The share of gods, one of the twelve **Āditya**-s

Aṃśa

Constituent part of a classification

Anāgata Dharma

The inherent property of future time as a potential state, one of the three **Dharma**-s (as inherent properties of time)

The knowledge of **Anāgata Dharma** and **Adhvabheda** will enable one to have time experiences and change the world of time as **Anāgata** becomes **Vartamāna** and **Vartamāna** becomes **Atīta.**

Anāhāra

Fasting (or not eating enough) as one of the seven **Varjana**-s

vide also **Mitāhāra**

Anāhata Cakra

*Lit. 'un-struck **Cakra**'*

The **Cakra** located on the vertebral column behind the centre of the chest

This **Cakra** is associated with the **Jñānendriya** of **Tvak**, the **Karmendriya** of **Pāṇi**, the **Tanmātra** of **Sparśa**, is the centre for **Prāṇa Vāyu** and the seat of **Manomaya Kośa**, the level of awareness is **Maharloka.**

vide also **Kākinī**

Anāhata Dhvani

vide **Anāhata Śabda**

Anāhata Śabda

The un-struck, silent sound as subtle transcendental state known also as **Anāhata Dhvani**

Anaiśvarya

Incompetence as one of the eight **Bhāva**-s

vide also **Aiśvarya**

Ānanda

Lit. 'happiness, bliss; enjoyment; sensual pleasure; delight; the act of enjoying'

Pure happiness as one of the three attributes of **Ātman**

vide also **Anaṅgamadanā**

Ānandalaharī

Lit. 'wave of enjoyment'

The Tantric hymn of **Śaṅkarācārya** addressed to his wife **Pārvatī**

Ānandamaya Kośa

The body of bliss as sphere of consciousness

It is the expression of the balanced aspect of the inner spirit and the experience of a blissful state and has its seat in the **Bindu Visarga. Ānandamaya Kośa** forms **Kāraṇa Śarīra**, the causal body going beyond the manifestations of **Prakṛti**.

Ānandamaya Vidyā

The knowledge of bliss

A **Veda Vidyā** (one of the thirty-two **Vidyā**-s) refers to the knowledge of **Ānandamaya Kośa** and various evolutionary stages namely **Manuṣya**, **Manuṣya Gandharva**, **Deva Gandharva**, **Pitṛ, Ājānaja Deva**, **Karma Deva**, **Deva**, **Indra**, **Bṛhaspati**, **Prajāpati** and **Saguṇa Brahman.**

vide also **Dvātriṃśat Vidyā**

Ānanda Samādhi

A stage of **Samādhi** in which the **Ātmadraṣṭa** is able to experience the essential nature of thought

This state is known also as **Ānanda Asamprajñāta Samādhi.**

Anaṅga

Lit. 'bodiless'

A name of **Kāmadeva** (after he was burned to ashes by **Śiva**'s third eye **Cakṣu**) as love without a body

The esoteric explanation of **Anaṅga** is that **Kāma** as desire exists even without an object of desire (vide commentary on **Kāma**).

Anaṅgakusumā

The mental faculty of being attracted

It corresponds to the human expressing of **Vacana** (speaking) symbolized by **Kusuma.**

vide also **Sarvaśaṃkṣobhaṇa Cakra**

Anaṅgamadanā

The mental faculty of loving

It corresponds to the human expressing of **Ānanda** (enjoying) symbolized by **Madanā.**

vide also **Sarvaśaṃkṣobhaṇa Cakra**, **Madanā**, **Anaṅga**

Anaṅgamadanāṅkuśā

The mental faculty of being attached

It corresponds to the human expressing of **Ādāna** (taking) symbolized by **Aṅkuśa.**

vide also **Sarvaśaṃkṣobhaṇa Cakra**

Anaṅgamadanāturā

The mental faculty of being lovesick

It corresponds to the human expressing of **Gamana** (going) symbolized by **Madanāturā.**

vide also **Sarvaśaṃkṣobhaṇa Cakra**

Anaṅgamālinī

The mental faculty of wanting to be accepted

It corresponds to the human attitude of **Upādāna** (accepting) symbolized by **Mālā.**

vide also **Sarvaśaṃkṣobhaṇa Cakra**

Anaṅgamekhalā

The mental faculty of being proud

It corresponds to the human attitude of **Upekṣa** (ignoring) symbolized by **Mekhalā.**

vide also **Sarvaśaṃkṣobhaṇa Cakra**

Anaṅgarekhā

The mental faculty of being detached

It corresponds to the human attitude of **Hāna** (rejecting) symbolized by **Rekhā.**

vide also **Sarvaśaṃkṣobhaṇa Cakra**

Anaṅgaveganī

The mental faculty of being excited

It corresponds to the human attitude of **Visarga** (excreting) symbolized by **Vega.**

vide also **Sarvaśaṃkṣobhaṇa Cakra**

Ananta

Lit. 'infinite, endless'

The name of **Śeṣa** (**Śeṣanāga** or **Nāganāyaka**), the snake-god (or serpent-king) of a thousand heads who serves as **Viṣṇu**'s couch.

Anantavāda

The doctrine of infinity

Anavasthitatva

The state of instability as one of the nine **Citta Vikṣepa**-s

Aṇḍapiṇḍa

Macrocosm (**Brahmāṇḍa**) and Microcosm (**Piṇḍāṇḍa**)

Aṅga

Lit. 'limb; part; step'

A subdivision of a science or of a **Mantra**, etc.; the body; the mind; accessory

vide also **Aṣṭāṅga Yoga**

Aṅgamejayatva

The activity of unsteadiness of the mind

As one of the four **Vikṣepasahabhū**-s it is connected to **Prāṇamaya Kośa**

Aṅga Nyāsa

Tantric rite of touching certain parts of the body (**Aṅga**)

Aṅga Pūjā

Worship with offering especially of flowers to the several parts of Lord's body

Aṅga Vidyā

The esoteric knowledge and interpretation of various marks on the body

Aṅgayāga

A subordinate sacrificial rite

vide also **Yāga**

Aṅgi Nityā

vide **Ādyā**

Aṅgiras

Name of a **Ṛṣi** in the **Veda**-s; seer; ray

vide also **Saptarṣi**

Aṅguṣṭhamātra Vidyā

The knowledge of the Soul (**Jīva**)

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s. The term **Aṅguṣṭhamātra** for the soul denotes something which is extremely fine, having residence in the heart.

vide also **Dvātriṃśat Vidyā**

Anibādha

Unobstructed, without obstacles; liberty

Aṇimā

Lit. 'minuteness'

One of the eight yogic powers of becoming as small as an atom

vide also **Siddhi**, **Aṣṭasiddhi**

Aṇimādi

vide **Aṣṭasiddhi**

Añjali

Reverence, salutation

Añjali Mudrā

The gesture of placing side by side the open hands in front of the body as kind of reverence

Añjana Siddhi

The power of making clear

vide also **Siddhi**

Añjanatā

The quality of identifying with the form of an object as a result of **Amṛtāpūrṇa**

Aṅkuśa

Lit. 'goad'

A representation of **Dveṣa**

vide also **Anaṅgamadanāṅkuśā, Pāśāṅkuśa**

Anna

Food

Annamaya Kośa

The body of nourishment as sphere of consciousness

It forms **Sthūla Śarīra**, the gross body having its seat in the **Mūlādhāra Cakra.** This **Kośa** is the expression and experience of the gross matter.

Anna Yoga

The **Yoga** of food based on **Āhāra** rules

Antaḥkaraṇa

Lit. 'the internal organ'

The thinking faculty of mind

vide also **Ākāśa**

Antar

Inner

Antarāditya Vidyā

The knowledge of the inner sun

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s. The right eye represents the sun, the left eye the moon, meditation on this **Vidyā** has an external form leading to the knowledge of **Saguṇa Brahman** if correlated with **Akṣi Vidyā.**

vide also **Dvātriṃśat Vidyā**

Antarākāśa

Inner space

Antaraṅga

The internal stage, the inner expression as opposed to **Bahiraṅga**

Antarāya

vide **Citta Vikṣepā**

Antardhauti

Yogic technique of inner purification

There are four main **Antardhauti**-s viz. **Vātasāra**, **Vārisāra**, **Vahnisāra** (or **Agnisāra**) and **Bahiṣkṛta.**

Antardhyāna

Inner deep meditation

Antarindriya

An internal organ

In **Vedānta** there are four **Antarindriya**-s viz. **Manas**, **Citta**, **Buddhi**, and **Ahaṃkāra.**

Antarjñāna

The knowledge coming from within

Antaryāga

Inner worship

vide also **Yāga**, **Bahiryāga**

Antasaṅkalpa

A terminal spiritual stage of a **Yogī** who has experienced **Dharmamegha Samādhi** when there is no urge to fulfil anything.

Aṇu

Atom

vide also **Tanmātra**, **Paramāṇu**

Aṇubhūti

Lit. 'perception'

The generic term which describes the spiritual experience as various degrees of experience of consciousness, another term to describe **Samādhi** in **Yoga**

Anugraha

Lit. 'kindness, favour; conferring benefits'

Blessing, grace

Anulomaviloma

Kind of **Prāṇāyāma** as technique of alternate breathe

Anusaṃdhāna

Lit. 'investigation, searching into; plan'

Discovery

Anuṣṭhāna

Lit. 'performance; undertaking; practice'

The accomplishment of an act with absolute discipline according to a definite plan; the **Saṅkalpa** of an act

There is a wide range of **Anuṣṭhāna**-s like **Japa**, **Jñāna**, **Tāpasya**, **Yoga**, **Tantra**, etc.

Anusvāra

vide **Bindu**

Anvāhāryapacana Agni

vide **Agni**

Ap

Water

The **Aṃśa**-s of **Ap** in the **Piṇḍāṇḍa** are the five **Tanmātra**-s.

vide also **Bhūta**

Apaiśuna

Absence of crookedness as one of the twenty-six **Daivīsampat**-s

Apāna

The **Vāyu** which expels the life-force from the body

vide also **Sarvārthasādhaka Cakra**, **Sarvasampatpradā**, **Devasuṣi**

Apāna Mudrā

The gesture (**Mudrā**) of acquiring (preserving) **Apāna** energy

Apara

Lower or worldly knowledge

Aparājita

Lit. 'invincible, unsurpassed'

The palace in the **Brahmaloka** representing the **Rūpa** of **Brahmā** as a stage to be overcome in order to reach **Paryaṅka**

vide also **Mahāśakti**, **Paryaṅka Vidyā**

Aparāntajñāna

The knowledge of death

It is known by practicing **Saṃyama** on **Sopakrama** and **Nirupakrama Karma**-s.

Aparigraha

Non-receiving as one of the five **Yama**-s

Aparigrahapratiṣṭhā

A state in which **Aparigraha** is firmly established

A **Yogī** possessing **Aparigrahapratiṣṭhā** will get the memory of past life because the mind is purified.

Aparokṣānubhūti

Lit. 'perception of the perceptible'

The personal experience of the Divine with form as experience of **Bhakti**

Apavarga

Lit. 'turned off'

A synonym for **Mokṣa**

Apsaras

Nymph, angelic creature

Āptajñāna

The spiritual stage of a **Yogī** who has experienced **Dharmamegha Samādhi** when the veil of knowledge has been removed

It allows a different kind of experience because there is nothing left to be known., thus real knowledge (**Jñāna**) is accomplished.

Āptakāma

The spiritual stage of a **Yogī** who has experienced **Dharmamegha Samādhi** when there is nothing left to be desired

In this stage **Yogī**'s desires are completely fulfilled, **Siddhi**-s do arise naturally, the complete **Brahmacarya** is obtained as the **Yogī** does not respond to the sexual sensation of any form.

Aptattva

The **Tattva** of **Ap** known also as **Toyatattva**

Apunya

Lack of merit

Āra

One of the lakes before entering into **Sālajja** city in the **Brahmaloka**

The crossing of **Āra** and **Ṇya** means overcoming the **Pañcāgni**-s.

vide also **Paryaṅka Vidyā**

Ārādhana

Worship, adoration; a ceremony to propitiate a deity

Āraṃbha Avasthā

A **Yoga Avasthā** of a **Yogī** after overcoming the **Brahmagranthi**

Āraṇi

Piece of wood

Two **Āraṇi**-s are used to kindle the sacred fire by attrition, they represent mind and body, heaven and earth, father and mother, i.e. the bringing together of polarities.

Āraṇyaka

Lit. 'forest; produced in the forest'

A specific kind of Vedic literature

Āra and **Ṇya** are the two lakes as obstacles before entering in the city of **Brahmā** named **Sālajja**.

vide also **Paryaṅka Vidyā**

Āraṇyāyama

Lit. 'walking in the forest'

Celibacy

Arcanā (also Arcana)

One of the nine **Aṅga**-s of **Bhaki Yoga** as the devotional act of ritual worship of the Divine

Ardhanārīśvara

A conjoined representation of **Śiva** and **Śakti** as symbol of their unity

The **Śaiva**-s worship the male or the right side, the **Śākta**-s the female or the left side.

Arghya

Offering, oblation

vide also **Hotrā**, **Arghya**, **Havi**

Ariṣṭa

The omen of knowledge of death (**Aparāntajñāna**)

Ārjava

Straightforwardness as one of twenty-six **Daivīsampat**-s

Arjuna

One of the five **Pāṇḍava** brothers in the epic **Mahābhārata**, disciple and companion of the Lord

Kṛṣṇa in **Bhagavad Gītā**

Ārohaṇa

The act of ascending as opposed to **Avarohaṇa**

Arpaṇavidyā

The **Para** (supreme) worship of **Devī**

Artha

Lit. 'aim, purpose'

Wealth, material gains; object of the senses

vide also **Puruṣārtha**, **Savitarka Samādhi**

Aruṇa

The impulsive One

One of the **Vāgdevī**-s corresponding to the mental activity of **Icchā** (wish).

vide also **Sarvarogahara Cakra**

Arūpa

Formless as opposed to **Rūpa** (with form) as one of characteristics of the Self

Arvan

Lit. 'primal power'

In the **Veda**-s the stallion as representing the primal power

Arya

Lit. 'nobleman'

The **Aryan** people and their tradition

Ārya Dharma

Lit. 'path of noble people'

vide **Veda**

Aryaman

Nobility as one of the twelve **Āditya**-s

Aṣāḍha

The month corresponding to parts of June/ July

vide also **Māsa**

Asamprajñāta Samādhi

Kind of **Samādhi** in which the practitioner has overcome the stage of differentiation going beyond **Pratyaya**, but still in the presence of **Saṃskāra**-s

It is an intermediate state of **Samādhi**.

Āsana

Lit. 'sitting'

Yogic or Tantric posture as form of integration of the human body (**Piṇḍāṇḍa**) with the cosmic body (**Brahmāṇḍa**)

In **Yoga** one of the eight **Aṅga**-s of the **Aṣṭāṅga Yoga** of **Patañjali**. Through **Āsana**-s, **Dṛḍhatā** is obtained. There is an exoteric and esoteric symbolism of **Āsana**-s.

vide also **Yogāsana**, **Tantrāsana**

Asat

The non-manifested; the state beyond **Sat** and the cause of **Sat**

vide also **Avyakta**, **Sad Vidyā**

Asatya

Falsehood as opposed to **Satya** (truth)

Āśiṣ

vide **Abhiniveśa**

Asmitā

Egoism as on of the five **Kleṣa**-s; the material cause of the sense organs (**Indriya**-s)

vide also **Abhimāna**

Asmitā Samādhi

A stage of **Samādhi** in which the **Ātmadraṣṭa** will experience what is beyond thought and own awareness

Known as **Asmitā Asamprajñāta Samādhi,** it culminates in **Nirbīja Samādhi**.

Āśrama

Lit. 'the abode of ascetics, a hermitage; a stage in the life of a person'

Spiritual retreat

Traditionally there are four **Āśrama**-s of a man's life as lifestyles viz. **Brahmacārin**, **Gṛhastha**, **Vānaprastha** and **Saṃnyāsin**. The main purpose of an **Āśrama**, as spiritual retreat for a **Saṃnyāsin**, is to exhaust own **Karma**-s, so allowing the negativity to be released, in short reinvesting own **Karma**.

Āśraya

Support or basis of an experience for **Ālambana** (object of an experience)

vide also **Vāsanā**

Aṣṭāṅga Yoga

*Lit. '**Yoga** of the eight steps'*

The system of **Yoga** as thought in **Yoga Sūtra**-s of **Patañjali** as a eight-fold path, i.e. **Yama**, **Niyama**, **Āsana**, **Prāṇāyāma**, **Pratyāhāra**, **Dhāraṇa**, **Dhyāna**, and **Samādhi**

Aṣṭasiddhi

The eight **Siddhi**-s known also as **Aṇimādi**

Traditionally there are only eight major **Siddhi**-s namely **Aṇimā**, **Mahimā**, **Garimā**, **Laghimā**, **Prāpti**, **Prākāmya**, **Iśitva** and **Vaśitva**. Their acquisition is a result of mastering over the five **Bhūta**-s and an expression of moving free in the world of **Prakṛti.**

Asteya

Non-stealing as one of the five **Yama**-s

Asteyapratiṣṭhā

A state in which **Asteya** is fully established

It is considered that the material goods come to a **Yogī** possessing **Asteyapratiṣṭhā.**

Asthi

Bone

vide **Dhātu**

Āstika

Believer in **Veda**-s

All the literature based on **Veda**-s is considered to be **Āstika.**

vide also **Nāstika**

Asu

Lit. 'life-force, breath'

In the **Veda**-s the spirit surviving death

Aśuddhatattva

The impure **Tattva**-s

They consist of the twenty-four **Tattva**-s from **Prakṛtitattva** down to **Pṛthivītattva** (vide **Tattva**).

Aśuddhi

Element or process which makes impure the body as opposed to **Śuddhi**

All **Dośa**-s are considered to be **Aśuddhi**-s.

Aśuklākṛṣṇa

The mixed **Karma** as one of the three accumulated **Karma**-s

Asura

The divine or supreme spirit; a demon

Aśva

Lit. 'not the self'

In the **Veda**-s the swift horse as representing the mind or the manifested energy

Āsvāda

The sense of supernatural tasting

vide also **Prātibha**

Aśvamedha

The horse sacrifice as a Vedic rite

Aśvattha

Lit. 'under which horses stand'

The sacred fig tree Ficus Religiosa, a variety of Banyan tree

Esoterically it represents the **Guru**.

vide also **Paryaṅka Vidyā**

Āśvina

The month that corresponds to parts of Sept./ Oct.

vide also **Māsa**

Aśvini

In the **Veda**-s the divine twin physicians (riding upon horses) said to restore health amongst mortals as well; the left and right life-force in the breath

Aśvini-s hold a distinct position in the **Veda**-s they are practically equated with the energy flow within **Idā** and **Piṅgalā Nāḍī**-s.

Aśvinī Mudrā

The mare **Mudrā** as one of the **Mudrā Bhandha**-s

Atalaloka

vide **Loka**

Atandrita

The state of being alert as a yogic state

Atharva Veda

The name of the fourth **Veda** known also as **Brahmaveda**

vide also **Tantra**

Atijāgara

Not having enough sleeping as one of the seven **Varjana**-s

Atikrāntabhāvanīya

The most advanced kind of **Yogī** the one who has accomplished the transcendence

Atisvapna

Excessive sleeping as one of the seven **Varjana**-s

Atīta Dharma

The inherent property of past time, one of the three **Dharma**-s (as inherent properties of time)

Ātma

vide **Ātman**

Ātmabhāva

Reality of the individual Soul as one's self condition and beyond any description; the self consciousness leading to **Kaivalya**; the awareness of the self consciousness

Ātmabhāva will be experienced only when the **Viśeṣa** state was transcended.

Ātmadarśan

Vision of the Soul

Ātmadraṣṭa

A witness of the self beyond the intellectual consciousness

vide also **Nirvicārā Samādhi**

Ātmajñāna

Knowledge of the Self

Ātmajyoti

The light of the Soul

Ātmākarṣiṇī

The attractive power of **Ātma**

vide also **Sarvāśāparipuraka Cakra**

Ātman (also Ātma)

Lit. 'the breath; what is spontaneous'

The individual Soul as seed of **Brahman** present in all creatures

The three attributes of **Ātman** are **Sat**, **Cit** and **Ānanda**.

vide also **Indra Agni Soma Sūrya**

Ātma Nivedana

One of the nine **Aṅga**-s of **Bhakti Yoga** as the devotional act of self-offering to the Divine

Ātma Rati

The feelings for the Self as expressions of true **Bhakti**

Ātma Rati-s, as expressions of devotion and kinds of liberation, are five in number, namely **Sāmīpya**, **Sālokya**, **Sārūpya**, **Sarṣṭi** and **Sāyujya**.

vide also **Rati**, **Rasa**

Ātmārpaṇa

*Lit. 'offering to **Ātma**'*

The attitude of offering own action as part of **Pūjā** (worship) to sanctify the ordinary existence

It is an attitude of giving back to the Divine what really belongs to the Divine. Therefore the ordinary work with hands and body becomes **Mudrā**, the ordinary talk becomes **Japa**, the act of eating becomes **Homa** or **Yajña**, the ordinary walk becomes **Pradakṣiṇa**, the act of lying down becomes **Praṇāma**, the act of breathing becomes **Agnihotra**, etc. This is a high form of **Pūjā**, a continuous awareness of the Self.

Ātma Śakti

The transcendental awareness as one of the **Śakti**-s flowing through **Suṣumnā Nāḍī** as a result of balancing of **Prāṇa Śakti** and **Manas Śakti**, the union of space (**Ākāśa**) and time (**Kāla**)

It is the spiritual kind of energy (vide **Śakti**) allowing the occurrence of **Anubhūti** experience.

Ātmavidyā

The knowledge of the Self

Atri

Name of a **Ṛṣi**

vide also **Saptarṣi**

Atyāhāra

Excessive eating as one of the seven **Varjana**-s

vide also **Mitāhāra**

Auḍḍīyāna Pīṭha

vide **Uḍḍīyāna Pīṭha**

Auṃ

vide **Oṃ**

Auṣadhi

vide **Oṣadhi**

Avadhūta

Lit. 'one who has rejected all his worldly feelings and obligations'

A highly spiritual person

Avairāgya

Attachment as one of the eight **Bhāva**-s

vide also **Vairāgya**

Āvaraṇa

Lit. 'what covers'

The covering of the inner reality on the path of **Yoga**

Āvaraṇa is one of the two functions of **Māyā** as the illusion which covers the inner reality. One of the best ways of removing **Āvaraṇa** is the practice of **Prāṇāyāma**. It is a fundamental concept that only by removing the covering (**Āvaraṇa**) the higher awareness can be experienced.

Āvaraṇa Devatā

A deity of covering

There are three **Āvaraṇa Devatā**-s namely **Kāmeśvarī**, **Vajreśvarī** and **Bhagamālinī**, the deities covering the light.

vide also **Sarvasiddhiprada Cakra**

Avarohaṇa

The act of descending as opposed to **Ārohaṇa**

Avasthā

Lit. 'condition'

State of human existence

There are three states (**Avasthātraya**) viz. **Jāgrat** (waking), **Svapna** (dreaming) and **Suṣupti** (deep sleep), each one having specific **Vṛtti**-s. Beyond **Avasthātraya** there is one more state known as **Turīya**.

Avasthā Pariṇāma

Transformation of state of mind (**Citta**) accompanying the **Pariṇāma**-s as a result of **Saṃyama**

Avasthātraya

vide **Avasthā**

Avatāra

(from **Avatṛi** i.e. to descend)

Incarnation of the Divine upon earth

The best known **Avatāra**-s are the ten forms of **Viṣṇu**.

Avidyā

Ignorance, one of the five **Kleśa**-s; an error of perception; a human experience of the cosmic **Māyā**

Avidyā is regarded as the cause of **Kleśa**-s, its control means the control of all other **Kleśa**-s.

Avirati

The state of lack of due restraint as one of the nine **Citta Vikṣepa**-s

Aviśeśa

Lit. 'without difference'

One of the four **Guṇaparva**-s in which **Savicārā Samādhi** is experienced

Avyakta

The non-manifested principle of creation, the primary germ of **Prakṛti**, the state of non-differentiation

This state is devoid of **Nāmarūpa**. **Avyakta** is identified with **Asat**, **Nirguṇa Brahman**, **Parabrahman** or **Īśvara**.

vide also **Kāmeśvarī**, **Sarvasiddhiprada Cakra**, **Vyakta**, **Aliṅga**

Avyakta Nāda

The non-manifested sound

vide also **Nāda**

Avyakta Prakṛti

The non-manifested nature, a synonym to **Aliṅga**

Āyamātma Brahmā

'The extension of the Self is **Brahmā**' is a celebrated statement in the **Upaniṣad**-s

vide also **Mahāvākya**

Āyudha Devatā

A deity bearing weapons

There are three deities presiding over the weapons of **Devī Lalitā** namely **Pāśāṅkuśa** (noose and goad), **Ikṣukodaṇḍa** (sugar-cane bow) and the **Bāṇa**-s (the five flower arrows). Their weapons are **Pāśa**, **Aṅkuśa**, **Ikṣukodaṇḍa** (or **Dhanuṣ**) and **Bāṇa**-s. They are being kept symbolically by the **Devī** in her four hands. The **Āyudha Devatā** are to be found between **Sarvarogahara Cakra** and **Sarvasiddhiprada Cakra**.

Āyurveda

The science of the Indian medicine

vide also **Doṣa**

B

Bagalā Mukhi

The eighth of the ten **Mahāvidyā**-s representing the unconscious plane of existence that is the source of illusion

Bahiraṅga

The external stage, the outer expression as opposed to **Antaraṅga**

Bahiryāga

External worship known also as **Bāhyayāga**

vide also **Yāga**, **Antaryāga**

Bahiṣkaraṇa

The body as external instrument

Bahiṣkṛta Dhauti

One of the **Antardhauti**-s as internal purification

By its practice a **Deva Deha** may be obtained.

Bahuda

Lit. 'much-giving'

One of the preliminary stages of **Sannyāsa** life-style when the **Sannyāsin** gives the best in the life of an **Āśrama**

Bāhyākāśa

Outer space

Bāhyapūjā

Lit. 'lower worship'

A ritual practice of worship, using voice, objects or images

vide also **Pūjā**, **Devayāna**

Bāhyayāga

vide **Bahiryāga**, **Yāga**

Bala

Bodily and mental strength or vitality as one of the four **Kāya Sampad**-s

Bālāki

Name of a sage in the **Upaniṣad**-s

vide also **Bālāki Vidyā**

Bālāki Vidyā

The knowledge of **Bālāki**

A **Veda Vidyā,** one of the thirty-two **Vidyā**-s that gradually deals with the knowledge of **Puruṣa** from the left and right eyes to **Agni**, **Vāyu**, **Ākāśa** and finally to the **Puruṣa** of the sun.

vide also **Dvātriṃśat Vidyā**

Bali

A gift offering as a sacrifice in the form of fruits and flowers

Bāṇa

Lit. 'arrow'

A flower arrow of **Kāma**

The five flower arrows of **Kāma** denoting the five **Tanmātra**-s (subtle forms of matter) are the lotus, the **Aśoka**, the mango blossom, the jasmine and the blue lotus.

vide also **Āyudha Devatā**

Bandha

Lit. 'binding, tying; connection with; uniting; joining'

Contraction as yogic technique; lock

Bandha-s are techniques used to dissolve the psychic knots and redirect the resulting energy within the body. There is an esoteric and exoteric symbolism of **Bandha**-s. On a higher plane they are powerful and relevant **Kuṇḍalinī** yoga techniques towards **Śiva** and **Śakti** union in the human body seen as Microcosm (**Piṇḍāṇḍa**). There are three major **Bandha**-s namely **Jālandhara Bandha** (Water-pipe lock), **Uḍḍīyāna Bandha** (Upwards lock) and **Mūla Bandha** (Root lock).

vide also **Bandhatraya**

Bandhatraya

The triple contraction using the three main **Bandha**-s namely **Jālandhara Bandha**, **Uḍḍīyāna Bandha** and **Mūla Bandha.**

Basti

Lit. 'lower belly'

One of the **Ṣatkarma**-s known also as **Vasti**.

As a yogic technique does the cleansing the abdominal area. It is of two kinds viz. **Jala Basti** and **Śuṣka Basti**.

Bhādra

The day of full-moon in the month of **Bhādrapada**

Bhādrapada

The rainy month corresponding to parts of August /September

vide also **Māsa**

Bhadrāsana

The gentle **Āsana**

Bhaga

Gracious God; happiness; prosperity; beauty, loveliness; love, sexual pleasure; the female organ; one of the twelve **Āditya**-s

vide also **Bhaj**

Bhagamālinī

Lit. 'the one adorned with glory'

One of the **Āvaraṇa Devatā**-s presiding over the principle of existence of **Mahat**

Bhagamālinī is also one of the **Nityā Śakti**-s.

vide also **Sarvasiddhiprada Cakra**

Bhagāsana

vide **Tantrāsana**

Bhagavad Gītā

The Song of the Lord

The most famous **Yoga** work, a synthesis of **Vedānta**, **Yoga**, **Sāmkhya** teachings, believed to be composed in the third or fourth century BCE.

vide also **Arjuna**, **Kurukṣetra**

Bhagavan

Lit. 'God-like'

One of God's names; a generic and popular name of God in India

vide also **Bhaj**

Bhagavat

Lit. 'the adorable one'

One of **Śiva**'s names

vide also **Bhaj**, **Bhaga**

Bhairava

Lit. 'terrible, formidable'

A name of **Śiva** as a frightening aspect of the divine; a Tantric male participant

Bhairavī

Consort of **Bhairava** as a particular form of **Devī;** a Tantric female participant

Bhairavī Cakra

vide **Cakra Pūjā**

Bhairavī Tantra

A name of a **Tantra**

Bhaj

Lit. 'to adore; enjoy; worship; bestow; share with; distribute'

Sanskrit root of words like **Bhakti**, **Bhaga**, **Bhagavan**, **Bhagavat**, **Bhajan**, **Bhakta.**

Bhajan

Devotional song

vide also **Bhaj**

Bhakta

Devotee; one following the path of **Bhakti**

vide also **Bhaj**, **Bhīma Vidyā**

Bhakti

Devotion

Devotion is seen as channelling of emotions towards God in order to experience the eternal existence. In the tradition, **Bhakti** is the only way God can be reached, as the experience of the Macrocosm (**Brahmāṇḍa**) in the Microcosm (**Piṇḍāṇḍa**). The **Bhakti Mīmāṃsā Sūtra** describes devotion as being "Supreme longing for the Lord". It is said that the Lord becomes perceptible through devotion. **Bhāvacūḍāmaṇi** says: "Nothing is accomplished by constant **Japa**, sacrifices and austerities which torture the body, because without deep devotion **Yantra**-s and **Mantra**-s do not yield fruit".

vide also **Bhaj**

Bhakticcheda

Any decoration or marks on forehead, arms, cheeks, nose, breasts, etc. as an expression of devotion to **Devatā**-s.

Bhakti Mārga

The path of devotion

vide also **Bhakti Yoga**

Bhakti Yoga

The **Yoga** of Devotion

The last stage in **Yoga**, considered to be the **Yoga** of the 21st century. It has nine limbs (**Aṅga**-s) namely **Śrāvaṇa** (listening to holy scriptures), **Kīrtana** (singing devotional songs), **Smarana** (remembering the Divine), **Pāda Sevāna** (service to the feet of the Lord), **Arcanā** or **Pūjā** (ritual worship), **Vandana** (prostration before the image of the Lord), **Dāsya** (slavish devotion to the Lord), **Sākhya** (friendship) and **Ātma Nivedana** (Self-offering to the Lord). In **Bhakti Yoga** there are five main states or conditions (**Bhāva**-s) namely **Śānta** (tranquil), **Dāsya** (slavish), **Vātsalya** (affectionate), **Sākhya** (friendly) and **Mādhurya** (sweet).

vide also **Śuddha Bhakti**

Bhakti Yoga Samādhi

The **Samādhi** as a result of **Bhakti Yoga** practice

Bhāṅg

A drink made of Indian hemp leaves

Bhārati

In the **Veda**-s the word signifying the truth (**Satya**); a high educational institution

Bhasma

Ashes used for spiritual purpose

Bhastrikā

Lit. 'causing the sound of bellows'

In **Haṭha Yoga** one of the eight major kinds of **Prāṇāyāma**

Bhāṣya

Lit. 'an explanatory work, exposition, commentary'

Work of a spiritual kind

Bhāva

Lit. 'attitude; true condition; reality; disposition'

State, emotion, devotional sentiment

In **Bhakti Yoga** there are five states as devotional sentiments known also as **Rasa**-s. As states or conditions accompanying the **Liṅga** (as transmigratory soul) there are eight **Bhāva**-s namely **Dharma**, **Adharma**, **Jñāna**, **Ajñāna**, **Vairāgya**, **Avairāgya**, **Aiśvarya**, **Anaiśvarya**. As states of human personalities there are three **Bhāva**-s namely **Paśu Bhāva**, **Vīra Bhāva** and **Divya Bhāva**.

vide also **Tantra**

Bhāvana

Lit. 'imagining'

Contemplation, reflection; feeling; thought

It is also a kind of worship (meditation) of **Devī** (vide **Yāga**). In the tradition it is said that God is captivated by the **Bhāvana**-s (feelings).

Bhaya

Fear as on of the seven **Varjana**-s

Fear is seen as a product of duality

vide also **Abhaya Mudrā**

Bhayānaka

Terror as one of the **Rasa**-s

Bheruṇḍā

One of the **Nityā Śakti**-s

Bhoga

Lit. 'enjoyment'

The worldly experience as a path to spiritual growth in **Tantra**; any worldly experience attached to the **Indriya**-s

Bhogādhiṣṭhāna

Living organism

Bhrāmarī

Lit. 'causing the sound of wasp'

In **Haṭha Yoga** one of the eight major kinds of **Prāṇāyāma**

This kind of **Prāṇāyāma** will result in the experience of **Anāhata Śabda.**

vide also **Rasānanda Yoga**

Bhrāntidarśana

The state of wrong perception as one of the nine **Citta Vikṣepa**-s

Bhṛgu

vide **Brahmā**

Bhṛgu Vāruṇi Vidyā

The knowledge of **Bhṛgu Vāruṇi**

A **Veda Vidyā** (one of the thirty-two **Vidyā**-s) refers to the gradual knowledge of the five **Kośa**-s beyond which the **Saguṇa Brahman** can be realized.

vide also **Dvātriṃśat Vidyā**

Bhrūmadhya

The space between the eyebrows as **Cakra Kṣetra** of **Ājñā Cakra**

vide also **Śāṃbhavī Mudrā**

Bhujaṅgāsana

The cobra **Āsana**

Bhujaṅgī

Lit. 'female-serpent'

A name for **Kuṇḍalinī**

Bhujaṅginī Mudrā

The she-serpent **Mudrā** one of the **Mudrā Bhanda**-s

Bhūma Vidyā

The knowledge of the world

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s, as related to **Nārada** by **Sanatkumāra.** The disciple is led to understand gradual stages from **Vāk**, **Manas**, **Saṃkalpa**, **Citta**, **Dhyāna** and finally to **Prāṇa**. Here are also enumerated the qualifications of a good devotee (**Bhakta**) namely **Satya**, **Vijñāna**, **Mati**, **Śraddhā**, **Niṣṭhā** and **Kṛti.**

vide also **Dvātriṃśat Vidyā**

Bhūmi

Earth

vide also **Bhūta**

Bhūmikā

vide **Yoga Avasthā**

Bhūmitattva

vide **Pṛthivītattva**

Bhūpura

Lit. 'region (plan) of earth'

vide **Trailokyamohana Cakra**

Bhūrloka

The Earth plane

vide **Loka**

Bhū Samādhi

The underground **Samādhi**

Bhūta

Lit. 'consisting of; being'

Gross element of the human body; gross form of matter; animated being

Also known as **Pañcabhūta**-s, **Mahābhūta**-s or **Sthūla Mahā Bhūta**-s. There are five **Bhūta**-s namely: **Ākāśa** or **Vyoma** (ether), **Vāyu** (air), **Tejas** or **Agni** or **Vahni** (fire), **Ap** or **Toya** (water), **Bhūmi** or **Pṛthivī** (earth), all produced from the **Tamas Guṇa** of **Prakṛti** and are parts of the thirty-six **Tattva**-s. For the purpose of **Mudrā** the five fingers correspond to the five **Bhūta**-s. The order of their higher and higher absorption is **Pṛthivī**, **Ap**, **Tejas**, **Vāyu**, **Ākāśa**, corresponding to the **Devatā**-s such as **Brahmā**, **Viṣṇu**, **Rudra**, **Īśvara**, and **Sadāśiva**, the later seen as parallel to the five parts of **Oṃ Mantra** (i.e. **A**, **U**, **M**, **Nāda** and **Bindu**).

Bhūtādi

Rudiment-matter, original element

Source of **Ākāśa** (ether) as the first **Bhūta** (gross matter) of **Sṛṣṭi.**

Bhūta Śuddhi

Purification of the gross elements (**Bhūta**-s) of the body

It is an essential ritual before worship or any making of ritual art items.

Bhuvana

In the **Veda**-s the world (including the solar system) as plane of existence

Bhuvaneśvarī

Lit. 'ruler of the spheres'

The fourth of the ten **Mahāvidyā**-s represents the projection of the consciousness as infinite space and therefore the holder of all existence

Bhuvaneśvarī Bīja

vide **Hrīṃ**

Bhuvarloka

The region between the earth and the sun; the sky

A **Loka** inhabited by **Siddha**-s and **Muni**-s.

Bībhatsa

Disgust as one of the **Rasa**-s

Bīja (also written as **Vīja**)

Lit. 'seed; germ; semen; source; origin; primary cause; truth as the cause of being; basis for the mind'

Bīja as part of creation that emerged from **Nāda**

Bījākarṣiṇī

The attractive power of **Bīja**

vide also **Sarvāśāparipuraka Cakra**

Bījākṣara

Seed syllable or **Bīja Mantra**

Bīja Mantra

A **Mantra** having three to nine syllables, synonym to **Bījākṣara**; an expression of a deity in a **Mantra** form.

Bila Siddhi

The power of opening

vide also **Siddhi**

Bilva

Tree of the Lord **Śiva** known also as wood-apple, Bel tree or scientifically Aegle Marmelos, the only sacred tree of the Lord **Śiva**

Bilvapattra

Leaf of **Bilva** tree

Bindu

Drop; dot; mark; source

In **Tantra**, **Bindu** as **Kāraṇa Bindu**, then **Kārya Bindu**, proceeds **Nāda** and represents the infinite potentialities of the larger universe (**Brahmāṇḍa**) about to be unfolded. The ninth **Cakra** (**Sarvānandamaya Cakra**) of the **Śrī Yantra** is also called **Bindu**. There are three **Bindu**-s at the centre of **Śrī Yantra**, namely **Śiva Māyā**, **Śakti Māyā** and **Śiva-Sakti Māyā.** Their colours are white, red and colourless, their elements are Sun, Moon and Fire symbolized by the double **Bindu** of **Visarga** and single **Bindu** of **Anusvāra.** The image of **Bindu** made of **Visarga** and **Anusvāra** is described metaphorically in **Bṛhadāraṇyaka Upaniṣad** (2.1.20) and other **Upaniṣad**-s as a spider. In **Saundaryalaharī** (7) the Divine Mother **Tripurasundarī** is described with her face resembling the moon, her breasts like the frontal globes of the forehead of a young elephant, wearing mini-bells, therefore equating **Tripurasundarī** with **Bindu**.

vide also **Bindutraya**

Bindumaṇḍala Cakra

vide **Sarvānandamaya Cakra**

Bindutraya

The threefold **Bindu** at the centre of the **Śrī Tantra**

Bodhana

An essential rite to awakening (through worship) a work of ritual art

Brahmā

Lord **Brahmā** one of the Hindu trinity (**Trimūrti**); the principle and manifestation of creation

Lord **Brahmā** presides over the creation of the Universe (**Brahmāṇḍa**). He is the personal Creator manifested from the impersonal Universal Spirit (**Brahman**). The first created beings by **Brahmā** were the ten lords viz. **Marīci**, **Atri**, **Aṅgiras**, **Pulastya**, **Pulaha**, **Kratu**, **Vasiṣṭha**, **Pracetas** (or **Dakṣa**), **Bhṛgu** and **Nārada**. They all are known under the name **Prajāpati** or **Mahā Ṛṣi**-s.

vide also **Saptaṛṣi**

Brahmacārin

Lit. 'student of ***Brahmā'***

A follower of **Brahmacarya**

vide also **Āśrama**

Brahmacarya

Continence as one of the five **Yama**-s

It has to be seen more as awareness of actions of a person than abstinence from sexual experience.

Brahmacaryapratiṣṭhā

A state in which **Brahmacarya** is firmly established

A **Yogī** possessing **Brahmacaryapratiṣṭhā** becomes full of vitality.

Brahmadvāra

The door of **Brahmā**

Brahmagranthi

Lit. 'knot of ***Brahmā****'*

The **Granthi** located in the **Agnikhaṇḍa**

It represents the attachment to **Lobha** (greed) and **Kāma** (desire) of **Pañcāgni**-s

vide **Granthi**.

Brahmajñāna

Spiritual wisdom as knowledge of the true reality

Brahmakāra

The active state of **Citta** in which identifies itself with the Self

Brahmakāra Vṛtti

The **Vṛtti** of **Brahmakāra** state

Brahmaloka

vide **Satyaloka**, **Loka**

Brahman

(from the root **Bṛh** i.e. to expand)

Lit. 'expansion, evolution, growth'

In **Vedānta** the impersonal Universal Spirit known also as **Śiva** in **Tantra**.

It has two aspects viz. **Saguṇa** and **Nirguṇa**.

vide also **Māyā**, **Tāraka**, **Tantra**

Brāhmaṇa

Lit. 'one who has divine knowledge'

A Brahmin priest; a specific kind of Vedic literature (900-700 BCE)

He is one of the four Vedic priests (**Ṛtvija**-s) who chants the hymns of the **Atharva Veda** while performing incantations (**Mantra**-s). A Brahmin priest is assisted by three other helper priests viz. **Agnīdhra**, **Brāhmaṇācchansin** and **Potṛ**. As spiritual leader he belongs to the highest caste (**Varṇa**) in the Vedic tradition.

vide also **Veda**

Brāhmaṇācchansin

Lit. 'the one reciting after the ***Brāhmaṇa****'*

In the **Veda**-s a helper priest assisting the **Brāhmaṇa** priest

Brahma Nāḍī

A channel of energy within the **Citra Nāḍī**

Brahmāṇḍa

*Lit. '****Brahmā****'s egg'*

Macrocosm; universe; world; cosmic body

There are endless **Brahmāṇḍa**-s coexisting, each having own gods, **Brahma** for creation, **Viṣṇu** for preservation and **Rudra** for destruction (vide **Trimūrti**). **Brahmāṇḍa** could also be seen as **Cittavṛtti** of **Brahman** or a product of the cosmic thinking manifestation therefore is unreal.

vide also **Aṇḍapiṇḍa**, **Kṣudra Brahmāṇḍa**, **Piṇḍāṇḍa**

Brahmāṇī

vide **Trimūrti**

Brahmarandhra

*Lit. '**Brahmā**'s opening'*

An opening above the **Sahasrāra Cakra** through where the Soul is said to pass on death and the door between two realms of existence

Brahma Tantra

All that is taught in the **Veda**-s

Brahmavādin

One who explains the **Veda**-s

Brahmaveda

The **Veda** of sacred spells and charms, i.e. **Atharva Veda**

Brahmavedi

The **Brahmā**'s altar

Brahmayoga

The highest kind of initiation in the **Tantra Sādhana** in which devotion is the essence

Bṛhaspati

Lit. 'lord of prayer or devotion'

Guru or preceptor of the **Deva**-s; the name for planet Jupiter

vide also **Ānandamaya Vidyā**

Bṛhaspati Vācaspati

Bṛhaspati the lord of speech and prayer; one of the eight **Devasū**-s as an aspect of **Bṛhaspati**

Bṛhat (from the root **Bṛh** i.e. to expand)

Lit. 'abundant, vast, large'

In the **Veda**-s a name for **Brahman**

Buddha (from the root **Budh** i.e. to wake up)

Lit. 'the enlightened one'

An spiritual liberated man, founder of Buddhism, who lived in the sixth century BCE

Buddha is regarded in Hinduism as an incarnation (**Avatāra**) of **Viṣṇu**.

Buddhi (from the root **Budh** i.e. to wake up)

Lit. 'intellect, reason'

The discriminating aspect of mind; intellect as a cognitive faculty

vide also **Ākāśa**

Buddhimaya Kośa

vide **Vijñānamaya Kośa**

Buddhitattva

The **Tattva** of **Buddhi**

Buddhyākarṣiṇī

The attractive power of **Buddhi**

vide **Sarvāśāparipuraka Cakra**

Budha

The planet Mercury, one of the **Navagraha**-s

C

Caitanya

Consciousness; the Universal Soul

vide also **Cetana**

Caitra

The month corresponding to parts of March/April

vide also **Māsa**

Cakra

Lit. 'wheel; circle'

Centre (vortex) of energy and level of awareness

In the human body there are seven major **Cakra**-s viz. **Mūlādhāra**, **Svadhiṣṭhāna**, **Maṇipūra**, **Anāhata**, **Viśuddha** (or **Viśuddhi**), **Ājñā** and **Sahasrāra**. Known also as **Padma**-s (lotuses) the **Cakra**-s are located in the **Sūkṣma Śarīra** body influencing also the other two **Śarīra**-s. Round the centre of energy there are expansions producing the appearances of the petals of a lotus flower, in fact they are starting points of energy channels (**Nāḍī**-s). When opened the **Cakra**-s become gates of connection between the three **Śarīra**-s therefore the physical consciousness may thus have access to other planes. The **Cakra**-s represent also the cycle of creation, preservation and destruction (absorption).

vide also **Pañcāgni**, **Loka**

Cakra Kṣetra

The horizontal projection of a **Cakra** trigger point in the spinal cord on the front surface of the body

Only **Svadhiṣṭhāna, Maṇipūra, Anāhata, Viśuddhi** and **Ājñā Cakra**-s have **Cakra**

Kṣetra-s.

Cakra Pūjā

Circle worship

Tantric rite of which **Bhairavī Cakra** is the most important.

Cakrarāja

Lit. 'royal wheel'

Another name for **Śrī Cakra**

Cakrāsana

vide **Tantrāsana**

Cakra Śuddhi

The process of purification of **Cakra**-s

Cakreśvara

The leader of a **Cakra Pūjā** as a Tantric **Guru**

vide also **Cakreśvarī**

Cakreśvarī

A generic name for a **Śakti** presiding over a **Cakra Pūjā**

vide also **Cakreśvara**

Cakṣu

The third eye, the eye of **Śiva**; the physical eye

The opening of **Cakṣus** is linked to the renunciation to desired (vide **Anaṅga**).

vide also **Netra**, **Jñānendriya**

Cāmuṇḍā

A terrific aspect of **Devī** as destroyer of **Caṇḍa** and **Muṇḍa**

Caṇḍī (or Caṇḍikā)

Lit. 'an ardent, passionate woman'

A popular name of **Devī**

Caṇḍidās

Poet and initiate of 15th century Bengal

vide also **Rāmi**

Caṇḍikā

vide **Caṇḍī**

Candra

Lit. 'shining; the moon'

The moon or the lunar phase as one of the **Navagraha**-s; the **Devatā** of **Iḍā Nāḍī**; the feminine kind of energetic; a **Devatā**

vide also **Candrakhaṇḍa**

Candradvāra

The passage of the moon

Candrakalā

The increase/ decrease of the moon's disc in twenty-four hours, i.e. one sixteenth of the moon's disk

The moon is so personified as twenty-eight **Nityā Śakti**-s

Candrakānti

Moonlight

Candrakhaṇḍa

Group containing **Viśuddhi** and **Ājnā Cakra**-s and **Rudragranthi**

The presiding deity is **Candra**, the **Guṇa** is **Sattva**, the corresponding cosmic planes are **Taparloka** and **Satyaloka**.

Candramaṇḍala

Moon's halo, a representation of **Śrī Cakra**

Candra Nāḍī

A synonym for **Iḍā Nāḍī**

Candraśekhara

Lit. 'the one who has the moon as diadem'

A name of **Śiva**

Caturtha Prāṇāyāma

Lit. 'the fourth ***Prāṇāyāma****'*

Catuṣpīṭha

Lit. 'the four ***Pīṭha****-s'*

The four **Pīṭha**-s are **Kāmarūpa**, **Pūrṇagiri**, **Jālandhara** and **Uḍḍīyāna.**

vide also **Sarvasiddhiprada Cakra**, **Sarvānandamaya Cakra**, **Siddhapīṭha**

Cauśatti Yoginī

The sixty-four **Yoginī**-s

Cela

Disciple

Cetana

Lit. 'the one that illuminates'

Consciousness

vide also **Caitanya**

Chāndogya Upaniṣad

One of the most important **Upaniṣad** from where many **Veda Vidyā**-s are extracted

Chāya

Shade, shadow; reflection; protection; giving protection (as a name of **Śiva**)

Chāya Puruṣa

The consciousness beyond **Buddhi**

Chāyā Upāsanā

Trāṭaka technique when the practitioner does the gazing on own shadow (from sun or moon)

Cidagni

vide **Cidvahni**

Cidagnikuṇḍa

The altar of the fire of consciousness

It is from where **Devī** was born in Her physical form.

Cidākāśa

Lit. 'space of knowledge'

Mind space as space of consciousness; the cosmic universal mind

The dark colour space visualized in front of the closed eyes in which is experienced the visual aspect of mental energy is the **Cidākāśa** experience. Only when **Kuṇḍalinī** reaches **Sahasrāra Cakra** there is the full experience of **Cidākāśa**.

Cidākāśa Dhāraṇā

The practice of meditation on **Cidākāśa**

Cidrūpa

The pure consciousness as pure thought; consciousness with form

vide **Cit**

Cidvahni (also Cidagni)

The celestial fire, the fire of consciousness corresponding to the heart (**Hṛd**) in the human body

Śakti Sūtra says: "Consciousness is fire because by its nature it consumes the universe".

vide also **Nāciketāgni Vidyā**

Cikitsā

Science of medicine as kind of **Śāstra**

Cinnamastā

The fifth of the ten **Mahāvidyā**-s

It represents the end of ordinary existence, the essential step before the emergence of a new consciousness.

Cintāmaṇi

Lit. 'thought gem'

The gem which grants all wishes

The shinning "precious stone" is the pure mind covered by the veils of desire (that is to be removed by various practices). It is well described in Brahmāṇḍa Purāṇa and Rudra Yāmala.

Cit

Lit. 'to be conscious of, know, perceive'

The pure consciousness; the universal consciousness freed from any conditioning

vide also **Saṃvit**

Citrā

Lit. 'bright; excellent'

One of the **Nityā Śakti**-s

Citragupta

Lit. 'the hidden auditor'

The one recording every action

Various interpretations are given who is the one doing that. It can be regarded as the collector of information found in the **Cidākāśa**.

Citra Nāḍī

A channel of energy within the **Suṣumnā Nāḍī**

Citriṇī

vide **Padminī**

Citsvarūpa

The formless pure consciousness

Citta

(from the root **Cit** i.e. to be aware)

Lit. 'reflecting, thinking; aimed at'

The conscious, subconscious and unconscious layers of mind and their functions reflecting the **Cit**

The two active states of **Citta** are **Viṣayakāra** and **Brahmakāra**, its supporting organ is the **Manas**. From the point of view of **Jñātā Jñāna Jñeya**, **Citta** is the one who knows. As levels of access to different planes there are three kinds of **Citta**-s namely **Citta** (as an individual natural expression), **Cidākāśa** (as cosmic mind) and **Nirmana Citta** (as divine or causal mind).

vide also **Ākāśa**, **Pariṇāma**

Cittabhūmi

State of mental plane as kind of consciousness

There are five **Cittabhūmi**-s (according to **Vyāsa Bhāṣya**) namely **Kṣipta**, **Mūḍha**, **Vikṣipta**, **Ekāgra** and **Niruddha**.

Cittakarṣiṇī

The attractive power of **Citta**

vide **Sarvāśaparipuraka Cakra**

Citta Prasādana

In **Yoga** the attitude towards obtaining purification of the mind

There are four **Citta Prasādana**-s viz. **Maitrī**, **Karuṇā**, **Muditā** and **Upekṣa**.

Cittasaṃvit

The experience of merging of **Cit** with its reflection (i.e. **Citta**) acquired by practicing **Saṃyama** on **Anāhata Cakra**

Cittaśuddhi

Purification of the mind

vide also **Śuddhi**, **Citta**

Citta Vikṣepā

The mental obstructive destruction in **Yoga** known also as **Antarāya** (impediment)

There are nine **Citta Vikṣepā**-s namely **Vyādhi**, **Styāna**, **Saṃśaya**, **Pramāda**, **Ālasya**, **Avirati**, **Bhrāntidarśana**, **Alabdhabhūmikatva** and **Anavasthitatva** as described in **Yoga Sūtra**-s (I.30).

vide also **Vikṣepasahabhū**, **Vikṣepa**

Cittavṛtti

Activity in **Citta** as a cognitive experience, a superimposition on the true nature of the human being (**Puruṣa**)

There are five **Cittavṛtti**-s according to **Patañjali** namely **Pramāna**, **Viparyaya**, **Vikalpa**, **Nidrā** and **Smṛti**, all as conscious experiences in **Citta**. For the condition of state of **Yoga** it is necessary to restrict the activities in the mind by **Abhyāsa** and **Vairāgya**.

Cittavṛttinirodha

Cessation of **Cittavṛtti**-s as **Patañjali**'s definition of **Yoga** in **Yoga Sūtra**-s.

Cūḍāmaṇi

Crest jewel as **Devī**'s gem

D

Dāhaka

The **Jāṭharāgni** (digestive fire) of burning (heating)

vide also **Sarvajñānamayī**

Daharākāśa

Lit. 'small space'

The space of the lower three **Cakra**-s in the human body

Daharākāśa Dhāraṇā

The practice of meditation on the lower **Cakra**-s (i.e. **Mūlādhāra**, **Svadhiṣṭhāna** and **Maṇipura**)

Dahara Vidyā

The knowledge of the small

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s which could be known by meditation into the heart (**Hṛdaya**) as the open door for the inner **Ākāśa** leading to the full knowledge of **Ākāśa**

vide also **Dvātriṃśat Vidyā**

Daivīsampat

Divine quality

In the **Bhagavad Gītā** are mentioned twenty-six divine qualities namely **Abhaya**, **Sattvasaṃśuddhi**, **Jñānayogavyavasthiti**, **Dāna**, **Dana**, **Yajña**, **Svādhyāya**, **Tapas**, **Ārjava**, **Ahiṃsā**, **Satya**, **Akrodha**, **Tyāga**, **Śānti**, **Apaiśuna**, **Dayā**, **Aloluptva**, **Mārdava**, **Hrī**, **Acāpala**, **Tejas**, **Kṣamā**, **Dhṛti**, **Śauca**, **Adroha** and **Nātimānitā**.

Daivī Vāk

It is how was called the Sanskrit language during the Vedic period

Ḍākinī

The **Śakti** residing in **Mūlādhāra Cakra**

Dakṣa

Lit. 'able, intelligent; strong'

One of the **Prajāpati**-s known also as **Pracetās** considered to be **Devī**'s father; one of the twelve **Āditya**-s

Dakṣiṇa

Right side; having somebody to the right side as a mark of honour (as opposed to **Vāma** i.e. to the left); one of the sacrificial fires (vide **Agni**)

Dakṣiṇa is also a donation, fee or gift to a priest or **Guru**.

Dakṣiṇa Agni

One of the three sacrificial fires, the southern fire of the altar of sacrifice

In the human body it is located in the heart area, esoterically is the level of consciousness of **Anāhata Cakra**.

vide also **Agni**

Dakṣiṇācāra

The right-hand division of **Tantra** also known as **Dakṣina Mārga**

Dakṣiṇa Mārga

Lit. 'path of the right'

vide **Dakṣiṇācāra**

Dakṣiṇāmūrti

The **Guru** of Gods

Dakṣiṇāvarta

A shell whose convolutions are oriented towards the right

Dakṣiṇāyana

Sun's progress south of the equator (from 21 June to 21 Dec) expressing the southwards way to **Yama**'s quarter; the dark path

For the departed soul it offers the experience of **Dhūmra** and **Rātri**, i.e. the consciousness will return to the material plane in a new body.

vide also **Uttarāyana**

Dāmara

Kind of spiritual writing work promulgated by **Śiva**

Damaru

A hand drum traditionally the instrument of subduing of Lord **Śiva** (vide)

Dana

Control of senses as one of the twenty-six **Daivīsampat**-s

Dāna

Alms giving as one of the twenty-six **Daivīsampat**-s

Daṇḍa

Stick

Daṇḍa Dhauti

Cleaning by a stick as one of the **Hṛd Dhauti**-s in order to cure the heart diseases

Danta Dhauti

Cleaning the teeth area as one of the four **Dhauti**-s

There are four yogic techniques under **Danta Dhauti** namely **Danta Mūla Dhauti**, **Jihvā Śodhana**, **Karṇa Dhauti** and **Kapālarandhra Dhauti**.

Danta Mūla Dhauti

Washing of the teeth as one of the **Danta Dhauti**-s

Darbha

Dried **Kuśa** used in religious ceremonies

Darśana

Lit. 'vision, view; understanding; doctrine'

The cognitive principle; system of philosophy; meeting with a spiritual purpose; sight of a **Deva** or **Guru**.

vide also **Ṣaḍ Darśana**

Daśa Mahāvidyā

The ten great sciences as deities

vide **Mahāvidyā**

Daśavāyu

The ten vital airs

vide **Vāyu**

Dasnāmi

Lit. 'ten names'

The ten orders of mendicants (founded by **Śaṅkara**) protected by the **Nāga**-s (naked ascetics)

Dāsya (also known as Kaiṃkarya)

One of the nine **Aṅga**-s of **Bhakti Yoga** as the devotional act of slavish devotion to the Lord, also one of the **Rasa**-s

The ideal service was done by **Lakṣmaṇa** to **Rāma** as **Rāma**'s servant.

Daurmanasya

The mental activity of being depressed

As one of the four **Vikṣepasahabhū**-s it is connected to the **Manomaya Kośa**.

Dayā

Compassion as one of the twenty-six **Daivīsampat**-s

Deha

Body as vehicle and media of actions (**Karma**-s)

Deśa

Space; region; centre of concentration synonym to **Ādhāra Padma**

Deva (from the root Div i.e. to cast, throw, therefore expressing the action as manifestation of gods)

A god, deity; spirit; spiritual being

Deva-s are manifestations and functions of **Cit** (Universal Consciousness) at various levels and as such they are creations of **Śakti** as the kinetic aspect of **Cit**. Their range of actions extend from the world of **Manuṣya** to **Saguṇa Brahman**. The fundamental concept about **Deva**-s is that they manifest both externally and internally to the human being (**Manuṣya**) and as such become accessible through cognition and experience.

vide also **Śiva Śakti**

Deva Bhāṣā

vide **Saṃskṛta**

Devadarśana

The seeing of Gods

Devadatta

Lit. 'the God-given'

The **Vāyu** producing the function of yawning

vide also **Sarvārthasādhaka Cakra**, **Sarvāṅgasundarī**

Deva Deha

Divine body

Devaloka

Heaven, the world of Gods

Devamaithuna

The cohabitation of the Gods as expression of **Śiva Śakti** form of union

Devanāgari

Lit. 'divine writing'

The Sanskrit alphabet

vide also **Mātṛkā**

Devasū

The procreating Gods as one class of deities (**Gaṇa Devatā**-s)

There are eight **Devasū**-s, each having specific functions, namely **Agni Gṛhapati**, **Soma Vanaspati**, **Savitṛ Satyaprasava**, **Rudra Paśupati**, **Bṛhaspati Vācaspati**, **Indra Jyeṣṭha**, **Mitra Satya** and **Varuna Dharmapati.** They all manifest within the human body.

Devasuṣi

Lit. 'divine tube'

The gates of the five major **Vāyu**-s located in the centre of the lotus of the heart

The gates have to be seen as the openings in the **Kāraṇa Śarīra** through which the five major **Vāyu**-s are born within the **Sukṣma Śarīra.** The gates are located as four towards the four quarters (**Samāna** to the north, **Vyāna** to the south, **Apāna** to the west, **Prāṇa** to the east) and one upwords namely **Udāna.** Each gate possesses specific **Siddhi**-s, which have to be overcome. Beyond the five gates it is **Paraṃjyotiṣ**, the **Jīvātmā** Itself.

vide also **Gāyatrī Vidyā**

Devatā

God or Goddess; Deity

vide **Deva**

Devayāna

The path of Gods

A spiritual path using Gods as vehicles to attain the knowledge of **Saguṇa Brahman**.

Devayoni

Spirit, demigod

Spirits said to people Mount **Kailāsa** and Mount **Meru**. **Śrī Ganeṣa** after receiving the teaching of the **Tantra**-s from his father Lord **Śiva**, preached them first to **Devayoni** on Mount **Kailāsa**.

Devī

The Great Goddess

Devī as **Satī**, **Umā**, **Pārvatī** and **Gaurī** is the spouse of **Śiva**. She is the ruler of all the Universes (**Brahmāṇḍa**-s) having countless names according to Her different qualities and actions.

vide also **Kṛpā Kaṭākṣa**, **Āyudha Devatā**, **Lalitā**

Devī Kuṇḍalinī

Śakti as **Kuṇḍalinī**

Devīpīṭha

A symbol of creation as attribute of a part of **Devī**'s body as **Satī**

vide also **Pīṭha**

Devī Upāsana

Devī worship

Dhairya

Fortitude

Dhairyākarṣiṇī

The attractive power of **Dhairya**

vide also **Sarvāśāparipuraka Cakra**

Dhairyatā

Calmness as a result of practicing **Pratyāhāra**

Dhanañjayā

The **Vāyu** producing the function of distension

vide also **Sarvārthasādhaka Cakra**, **Sarvasaubhāgyadāyiṇī**

Dhanurāsana

The bow **Āsana**

Dhanuṣ

Bow

vide also **Ikṣukodaṇḍa**, **Indradhanuṣ**

Dhāraṇā (from the root Dhṛ i.e. to hold, preserve, support) (also Dhāraṇā)

Lit. 'the act of holding or maintaining'

Concentration

In **Yoga** one of the eight **Aṅga**-s of the **Aṣṭāṅga Yoga** of **Patañjali**

Dhāraṇa Yantra

A kind of **Yantra** to be worn by the devotee as an amulet used for protection of all kinds or acquisition of material gains or personal qualities

Dharma (from the root Dhṛ i.e. to hold, preserve, support)

Lit. 'right conduct'

Higher duty, virtue (or **Puṇya**) one of the eight **Bhāva**-s; one of the **Puruṣārtha**-s; inherent property of time

As inherent properties of time **Dharma**-s are of three kinds viz. **Atīta**, **Vartamāna** and **Anāgata**, the process of time difference is called **Adhvabheda**. They affect each other all the time as the potential future time becomes present then past, and the past can influence the present and therefore generates a potential state. **Dharma** is a play of **Karma**, in which both cause and effect are being present in every action, but **Dharma** emphasizes the order (**Ṛta**) in action (**Karma**).

vide also **Adharma**

Dharmādharma

Merit and demerit

Dharmamārga

The path of virtue

Dharmamegha Samādhi

The highest point of **Samādhi** in which the **Yogī** gives up even the idea of reaching **Kaivalya**

At this point all **Vāsanā**-s are buried and the **Yogī** has access to a different reality. The **Karma**-s (actions) and **Kleśa**-s (afflictions) do not create any effect i.e. the **Yogī** is free from the manifestations of **Prakṛti** and the products of the three **Guṇa**-s, the state of **Jīvanmukti** is reached, the **Yogī** becomes a **Siddha**.

vide also **Sat Cit Ānanda**, **Mahāvākya**

Dharma Pariṇāma

Transformation of the nature of mind (as **Citta**) accompanying the **Pariṇāma**-s as a result of **Saṃyama**

Dharmaśālā

A resting place for pilgrims

Dhātrī (from the root Dhṛ i.e. to hold, preserve, support)

Earth

Dhātu

Lit. 'ingredient; element; primitive matter'

An essential element of the body

There are seven **Dhātu**-s (**Sapta Dhātu**-s) viz. **Asthi** (bone), **Meda** (fat), **Māṃsa** (flesh), **Rakta** (blood), **Tvak** (skin), **Majjā** (marrow) and **Śukra** (semen). They are the abodes of the seven **Śakti**-s presiding over the seven **Cakra**-s and represented by the seven trunks of the elephant in **Mūlādhāra Cakra** as symbol of creativity.

Dhauti

One of the **Ṣatkarma**-s the **Dhauti**-s are of four kinds namely **Antar Dhauti**, **Danta Dhauti**, **Hṛd Dhauti** and **Mūla Śodhana**

Dhenu

In the **Veda**-s the milch cow representing the power of creation complementing **Vṛṣabha** (the bull)

In the Vedic tradition **Dhenu** is the representation of **Vāk**. It has four udders representing the **Mantra**-s **Svāhā**, **Vaṣaṭ**, **Hanta** and **Svadhā**. **Svāhā** and **Vaṣaṭ** feed the **Deva**-s, **Hanta** feeds the men and **Svadhā** the **Pitṛ**-s. **Dhenu** has to be seen as symbol of female principle in the **Veda**-s, a parallel concept to **Prakṛti** in **Yoga**. It is also relevant to know that the "moo" sound of a cow is the opposite of **Mantra Oṃ**, i.e. the "moo" sound is the sound of the creation, the **Oṃ** sound of the absorption.

Dhṛti

Fortitude as one of the twenty-six **Daivīsampat**-s

Dhūmāvātī

The seventh of the ten **Mahāvidyā**-s

Called also "the smoky one" she represents the ultimate destruction, a kind of existence when everything in the universe is in a state of darkness and inertia.

Dhūmra

Lit. 'smoke-coloured, smoky'

A certain experience leading to the path of **Dakṣiṇāyana**

vide also **Dhūmraliṅga**

Dhūmraliṅga

The experience of **Dhūmra** in the **Mūlādhāra Cakra** as form taken by **Śiva**

It is also known as **Svayambū Liṅga**.

vide also **Śivaliṅga**

Dhvani

The audible sound

Dhyāna (from the root **Dhyai** i.e. to contemplate, imagine)

Awareness as unbroken state of thoughts flow

This is a process of expansion of consciousness in which time (representing **Śiva**) and space (representing **Śakti**) are brought together. In **Yoga** it is one of the eight **Aṅga**-s of the **Aṣṭāṅga Yoga** of **Patañjali** and an essential path to further human evolution. Through **Dhyāna**, **Pratyakṣatva** is obtained. Consciousness is also compared with the fire (**Agni**), which by its nature consumes the material universe. **Dhyāna**, as degree of finesse, is of three kinds, namely **Sthūladhyāna**, **Sūkṣmadhyāna** and **Jyotirdhyāna**.

vide also **Cidvahni**

Dhyāna Mudrā

A kind of **Mudrā** used for meditation

Dhyānasthāna

Point of **Dhyāna** practice inside the human body

Dhyāna Yoga

Kind of **Yoga** by practicing various kinds of meditation

Dhyāna Yoga Samādhi

The **Samādhi** as a result of **Dhyāna Yoga** practice

Digambara

Lit. 'sky-clothed'

A naked mendicant, a **Nāga**

vide also **Raktāmbara**

Dīkṣā

Initiation of a spiritual tradition

In the **Tantra**-s there are thirty-eight kinds of initiations, traditionally.

Dīrgha

Long

Divya

Lit. 'divine'

Divine quality; a kind of **Sādhaka** in the **Tantra**-s

In the **Divya** kind of **Sādhaka** the **Sattva Guṇa** is predominant.

Divyabhāva

One of the **Bhāva**-s as a state of human personality based on equilibrium and rhythm, therefore of **Sattva** nature

Divya Cakṣu

The divine eye i.e. **Ājnā Cakra**

Divya Śrotra

Divine ear or hearing as a quality acquired after practicing **Nāda Dhāraṇa**

Divyaugha

Lit. 'divine teacher'

Three aspects of **Śiva** as part of **Navanātha**-s represented in the human body by the two ears (**Śrotra**) and the mouth (**Vāk**)

Doṣa

Deficiency; fault; detrimental effect; disease; humour of the body; defect

As deficiencies of the body causes diseases there are three **Doṣa**-s namely **Vāyu**, **Pitta** and **Kapha** as humours of the body. In the **Āyurveda** system of Indian medicine the knowledge of **Doṣa**-s is essential for balancing the body system. The term **Doṣa** can be used to define any defect and has an extended use.

Draṣṭa

Lit. 'seer, observer'

A person capable of witnessing own actions and all life experiences (as **Dṛśya**)

The real **Draṣṭa** is **Ātman**. A **Draṣṭa** lives fully, surrenders and moves with the flow of life.

vide also **Ātmadraṣṭa**, **Nirvicārā Samādhi**, **Sākṣibhāva**

Draṣṭa Dṛśya

The subject and object of seeing (**Dṛṣṭi**)

Dṛḍhatā

Strength as a result of practicing **Āsana**-s

Dṛṣṭi

Lit. 'seeing'

The action of seeing; the space between the eyebrows

The word is also taken as sense experience or beyond the sense experience and is associated with **Ājnā Cakra.**

Dṛśya

Lit. 'seen'

All the objects known through senses (**Indriya**-s) and all **Aṃśa**-s of **Ākāśa** in the **Piṇḍāṇḍa**; anything subject to cognition

Duḥkha

Lit. 'unpleasant, pain, sorrow'

The mental activity of being sad, distressed; suffering; grief

The root of **Duḥkha** is considered to be the duality (**Dvaita**). Philosophically **Duḥkha** as suffering is a necessity, a *conditio sine qua non* of liberation (**Mokṣa**), a condition the human being has to rise above and put an end to suffering. As one of the four **Vikṣepasahabhū**-s **Duḥkha** is connected to the **Vijñānamaya Kośa**.

vide also **Sarvarogahara Cakra**, **Vimalā**, **Kleśa**

Durgā

Lit. 'fortress'

A form of **Śakti** as culmination of all positive attributes

The ascent of **Kuṇḍalinī Śakti** from **Mūlādhāra Cakra** (where it takes the form of **Kālī**) culminates in **Sahasrāra Cakra** when takes the form of **Durgā**.

Durgā Bīja

vide **Hrīṃ**

Duṃ is also **Durgā Bīja** (as per **Varadā Tantra**)

Dūrvā

Kind of grass scientifically known as Panicum Dactylon or Agrostis Linearis

Meditation on **Dūrvā** grass gives specific benefits.

Dūtī

Lit. 'female messenger'

One of the **Nityā Śakti**-s known also as **Śivadūtī**

Dvaita

Duality

vide also **Advaita**

Dvandva

A pair of opposites (e.g. cold and heat or happiness and sorrow); couple; face to face

Dvandva-s as pair of opposites could be overcome by steadiness in **Āsana**.

Dvāpara Yuga

An age of the world consisting of 864,000 years

vide **Yuga**

Dvāra

Gate, passage; aperture of the human body

Dvātriṃśat Vidyā

The thirty-two **Vidyā**-s

Traditionally the thirty-two **Vidyā**-s are the followings: **Ākāśa**, **Akṣarākṣara**, **Akṣi**, **Ānandamaya**, **Aṅguṣṭhamātra**, **Antarāditya**, **Bālāki**, **Bhṛgu Vāruṇi**, **Bhūma**, **Dahara**, **Gārgi Akṣara**, **Gāyatrī**, **Īśa**, **Jyotiṣāṃjyotir**, **Madhu**, **Maitreyī**, **Nāciketāgni**, **Pañcāgni**, **Paramapuruṣa**, **Paryaṅka**, **Prāṇāgnihotra**, **Puruṣa**, **Sad**, **Saṃvarga**, **Śāṇḍilya**, **Satyakāma**, **Śrīman Nyāsa**, **Uddālaka Āruṇi**, **Udgītha**, **Upakosala**, **Uṣasta Kahola** and **Vaiśvānara**.

vide also **Veda Vidyā**

Dveṣa (known also as **Krodha**)

Lit. 'hatred"

Repulsion; hate; anger, aversion; one of the five **Kleśa**-s

vide also **Aṅkuśa**, **Pāśāṅkuśa**, **Vairāgya**

E

Ekāgra

One-pointed state as one of the five **Cittabhūmi**-s

Ekāgratā

Concentration on a single point (one-pointed), a state of doing only one action at a time

Ekāgratā Pariṇāma

Transformation of concentration as one of the three **Pariṇāma**-s

vide also **Lakṣana Pariṇāma**

Ekatattvābhyāsa

The practice of one principle only

Elokeśī

The hair of goddess **Kālī** as symbol of mysteries of life

G

Gaja Karaṇi

A yogic technique of vomiting in order to purify the **Nāḍī**-s

Gamana

The act of going or attaining

vide also **Anaṅgamadanāturā**

Gaṇa Devatā

Class of deities

There is a wide range of **Gaṇa Devatā**-s depending on the historical periods of India and kind of literature.

vide also **Devasū**

Gaṇapati

A name of **Gaṇeṣa**

Gandha

Smell

vide also **Tanmātra**

Gandhākarṣiṇī

The attractive power of **Gandha**

vide also **Sarvāśāparipuraka Cakra**

Gāndhārī Nāḍī

The **Nāḍī** connected to the left ankle

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvavaśaṅkarī**

Gandharva

Being in the heavenly world expert in music

vide also **Kailāsa**

Gandhatattva

The **Tattva** of **Gandha**

Gaṇeṣa

The elephant-headed god, a son of **Śiva**, a symbol of the primordial power, the starting point for the human access to the divine by overcoming all obstacles

His vehicle is the mouse also a symbol of enduring and overcoming obstacles.

vide also **Gaṅgā**, **Devayoni**

Gaṅgā

*Lit. 'that which goes with **Gaṃ***

The river Ganges

From its literal meaning **Gaṅgā** is the remover of obstacles as **Gaṃ** is the **Bīja Mantra** for **Gaṇeṣa**

vide also **Prayāga, Triveṇī**

Gāñjā

Indian hemp

Gārgi Akṣara Vidyā

The **Gārgi**'s knowledge about the Imperishable

A **Veda Vidyā** (one of the thirty-two **Vidyā**-s) named after **Gārgi Vācaknavī**. This **Vidyā** refers to **Ākāśa** pervading all in the past, present and future beyond which is the imperishable **Brahman.**

vide also **Dvātriṃśat Vidyā**

Gārhapatya Agni

One of the three sacrificial fires, the one kept as perpetual fire by a householder

Traditionally a man received it from his father and has to be transmitted to his sons. In the human body it is located in the navel area. Esoterically this fire is the level of consciousness attained in the **Maṇipūra Cakra**.

vide also **Agni**

Garimā

Lit. 'heaviness'

One of the eight yogic powers of becoming very heavy

vide also **Siddhi**, **Aṣṭasiddhi**

Garuḍāsana

The eagle **Āsana**

Gaurī

A spouse of **Śiva** (**Rudra**)

A form of **Śakti**. Her colour is white

vide also **Devī**

Gauripaṭṭa

A **Yoni** shaped pedestal upon which the **Śivaliṅga** is placed as representing **Śakti** as holder.

Gāyatrī

Lit. 'way of going; song, hymn'

The most sacred Vedic **Mantra** of twenty-four syllables arranged as a triplet of eight syllables each

It is also called **Sāvitrī**, being addressed to **Sāvitṛ** (the Sun), so **Gāyatrī Mantra** is also **Sāvitrī Mantra**. **Gāyatrī Devī** (the goddess **Gāyatrī**) is the presiding deity of this **Mantra**.

Gāyatrī Vidyā

The knowledge of **Gāyatrī**

A **Veda Vidyā** (one of the thirty-two **Vidyā**-s) that is considered to be the most important because it brings the knowledge of all the others by singing or uttering the **Gāyatrī Mantra**. The knowledge of this **Vidyā** comes from **Chāndogya** and **Bṛhadāraṇyaka Upaniṣad**-s and other Vedic

literature. This **Vidyā** deals also with the concepts of **Devasuṣi**-s, **Anāhata Śabda**, **Vāk**, **Paraṃjyotiṣ** and many others.

vide also **Dvātriṃśat Vidyā**

Ghaṭa Avasthā

A **Yoga Avasthā** of a **Yogī** after overcoming the **Viṣṇugranthi**

Ghatika

Unit of time of twenty-four minutes

One day consists of sixty **Ghatika**-s.

Ghrāṇa

Organ of smell, the nose

vide also **Jñānendriya**

Ghrāṇatattva

The **Tattva** of **Ghrāṇa**

Gīta

Sacred song

Gñāna

vide **Jñāna**

Gomukhāsana

The cow-mouth **Āsana**

Gopāla

Lit. 'cowherd'

A name of **Kṛṣṇa**

vide also **Govinda**

Gopī

Woman cowherd as companion of **Kṛṣṇa** in **Vṛndāvana**

From mythological point of view they are female incarnations of **Ṛṣi**-s.

Gorakṣāsana

The **Gorakṣa Āsana**

Govinda

Lit. 'chief herdsman'

A name of **Kṛṣṇa** derived from the word **Go** meaning cow

Graha

Lit. 'holding, seizing, acquiring'

A planet having a magic influence over the destinies of people

A **Graha** can also be called an evil spirit influencing the body and mind of somebody. As planets they have a strong influence on the **Cakra**-s. Traditionally there are nine planets (vide **Navagraha**).

Grahaṇa

The knowledge acquired through senses

vide also **Samāpatti**

Grahītṛ

The knower

vide also **Samāpatti**

Grahītṛ Grahaṇa Grāhya

In **Yoga Sūtra**-s the triple merge of the one who knows, the knowledge, and the object of knowledge

This is a parallel concepts to **Jñāta Jñāna Jñeya** of the **Śrī Yantra**. Such a merge is possible only when **Añjanatā** quality is acquired.

Grāhya

The object of knowledge

vide also **Samāpatti**

Grāma Devatā

Village deity

Granthi

Psychic knot as stage of manifested consciousness

Along **Suṣumnā Nāḍī** there are three knots viz. **Brahmagranthi**, **Viṣṇugranthi** and **Rudragranthi**. Each one is a door to a different level of consciousness. Each **Granthi** belongs to a specific **Khaṇḍa** (vide **Agnikhaṇḍa**, **Sūryakhaṇḍa**, **Candrakhaṇḍa**), each **Khaṇḍa** corresponds to a **Kūṭa** of **Pañcadaśākṣarī Mantra**. The force of **Māyā** is very powerful in the knots. Pains and various physical disorders often accompany **Granthi**-s' piercing.

Grāvastut

*Lit. 'the one praising the **Soma** stones'*

In the **Veda**-s a helper priest assisting the **Hotṛ** priest named after the hymn to the **Soma** stones

Gṛhastha

Householder

vide also **Āśrama**

Guṇa

Quality, attribute, characteristic; a property of **Prakṛti**

The three **Guṇa**-s (**Triguṇa**) are **Sattva**, **Rājas** and **Tamas**

vide also **Aliṅga**, **Guṇaparva**

Guṇaparva

State of the **Guṇa**-s as stages of their manifestations

There are four **Guṇaparva**-s namely **Viśeśa**, **Aviśeśa**, **Liṅgamātra** and **Aliṅga**.

Guṇa Rahita Ākāśa

The first of the **Vyoma Pañcaka**-s described as the space without attributes

Gupta

Lit. 'the hidden one'

A name of **Kṛṣṇa**

Guptāsana

The hidden **Āsana**

Guru

Lit. 'remover of darkness'

Spiritual teacher, preceptor; the planet Jupiter one of the **Navagraha**-s

As spiritual teacher, **Guru** helps the **Śiṣya** (disciple) to contact and awaken the inner **Guru** (i.e. the Self). As far as the **Guru**-**Śiṣya** relationship is concerned, **Guru** is basically the individual projection of every **Śiṣya**.

Guru Tattva

Essence of the concept of role of a **Guru**

Gyāna

vide **Jñāna**

H

Hākinī

The **Śakti** residing in the **Ājnā Cakra**

Haṃsa

Lit. 'accord; harmony; swan'

The symbol for the Supreme Reality; one of the stages of **Sannyāsa** lifestyle

Haṃsaḥ

The **Ajapā Japa Mantra**

It has two parts. The **Haṃ** (representing **Śiva**) is produced during inhalation and **Saḥ** (representing **Śakti**) is produced during the exhalation of the air.

Hāna

The act of rejecting or abandoning

In **Yoga**, **Hāna** is the liberation of **Puruṣa** from **Prakṛti**.

vide also **Anaṅgarekhā**

Hanta

vide **Dhenu**

Hanumān

The monkey devotee of **Rāma** renowned for his deep devotion, courage and strength

Hara

A name of **Śiva**

Haracūḍāmaṇi

Śiva's crest-gem, i.e. the moon

vide also **Candraśekhara**

Hari

A name of **Viṣṇu** or **Kṛṣṇa**

Hastijihvā Nāḍī

The **Nāḍī** connected to the right side of the body

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvasaṃmohiṇī**

Hastinī

vide **Padminī**

Hāsya

Humour as one of the **Rasa**-s

Haṭha Yoga

The physical **Yoga** having the goal to balance the solar influence (represented by **Ha Mantra**) and

the lunar influence (represented by **Ṭha Mantra**) in the human body

Havana

The offering to the Vedic sacrificial fire, known also as **Hāvan**

Havi

The object of oblation

vide also **Hotrā Arghya Havi**

Hetu

Cause of an experience as source of an effect (**Phala**)

vide also **Vāsanā**

Himālaya

Lit. 'abode of snow'

Range of mountains bounding India on the north, home of many places of pilgrimage and spiritual retreats

Himavat

Lit. 'snowy'

The **Himālaya** mountains; the king of **Kailāsa**

Hiraṇyagarbha

The golden womb

The womb from where the manifestation takes place is in the subtle body, but its seed is in the causal body. The texts from **Vedānta** describe **Hiraṇyagarbha** as being in the region of **Anāhata Cakra**

Hlādinī Śakti

The **Śakti** of rejoice, exhilaration, joy and bliss

It is a name of **Rādhā** dancing (as form of **Līlā**) to experience ecstasy.

Homa

The act of oblation or sacrifice

vide also **Ātmārpaṇa**, **Agnihoma**

Homakuṇḍa (also known as Agnikuṇḍa)

A hole in the ground where sacrificial fire is burnt for oblations

vide also **Kuṇḍa**

Hotra

The act of oblation with fire

vide also **Agnihotra**

Hotrā

The sacrificer (performer of an oblation)

vide also **Hotrā Arghya Havi**

Same as **Hotra**

Hotrā Arghya Havi

The One who offers, the Offering, the Object of Offering

Referring to the act of oblation (**Agnihotra**) in **Veda**-s, it has a parallel significance to **Jñāta Jñāna Jñeya** in **Tantra**-s. The object of **Hotra** (**Agnihotra**) is to realize the unity of **Hotrā**, **Arghya** and **Havi,** thus acquiring knowledge of high degree,

Hotṛ

One of the four Vedic priests (**Ṛtvija**-s) the one who chants the hymns of **Ṛg Veda** while performing oblation with fire

A **Hotṛ** is assisted by three other helper priests, viz. **Maitrāvaruṇa**, **Acchāvāka** and **Grāvastut.**

Hotrin

vide **Agnihotrin**

Hṛd

Heart

Hṛdaya

Heart; the heart as the seat of feelings

Hṛdayākāśa

The space of the heart

Hṛdayākāśa Dhāraṇā

The Vedic practice of meditation on the space of the heart

For other Vedic practices vide **Veda Vidyā.**

Hṛd Dhauti

Cleaning the heart-throat area as one of the four **Dhauti**-s

There are three yogic techniques for cleaning the heart-throat area namely **Daṇḍa Dhauti**, **Vamana Dhauti** and **Vāsodhauti.**

Hrī

Modesty as one of the twenty-six **Daivīsampat**-s

Hrīṃ

The Tantric **Mantra** called **Hṛllekhā**

It is also known as **Śakti Bīja**, **Durgā Bīja**, **Bhuvaveśvarī Bīja**, **Māyā Bīja**, **Mūla Bīja.**

Hṛllekhā

vide **Hṛīṃ**

Hūti (from the root **Hve** i.e. to invoke)

A sacred rite of invocation and offering to the Divine within the human body

I

Icchā

Lit. 'desire, will'

The mental activity of wishing

vide also **Sarvarogahara Cakra**, **Aruṇā**

Icchā Śakti

The energy of will

Idā Nāḍī

Known also as **Candra Nāḍī** it is one of the major **Nāḍī**-s (in the human subtle body) running up the left side of **Suṣumnā**, the central channel

vide also **Sarvasaubhāgyadāyaka Cakra**, **Aśvini**, **Sarvasampattipūraṇī**, **Candra**, **Candra Nāḍī**

Ikṣukodaṇḍa

The sugar-cane bow of **Kāma**

Known also as **Dhanuṣ**, it denotes the mind.

vide also **Āyudha Devatā**

Ilā

In the **Veda**-s the Goddess Earth, daughter of **Manu**, a symbol of inspiration and love

Ilya

The tree in the **Brahmaloka** that is seen after passing the **Virajā** river and before the **Sālajja** city

The seeing of the tree enables the devotee to have a preliminary **Gandha** (smell as experience) of the existence of **Brahma** and to overcome it eventually.

vide also **Paryaṅka Vidyā**

Indra

Lord of Light representing the archetypal of pure being as object of human knowledge

In the **Veda**-s **Indra** is called "the thunderbolt" as an expression of strength and vigour. He is the divine warrior breaking all barriers, the transcendental experience of stepping from unconsciousness to consciousness. **Indra** is equated with the concept of **Puruṣa** in **Yoga**.

vide also **Svarloka**, **Paryaṅka Vidyā**, **Ānandamaya Vidyā**, **Agni Sūrya Indra**, **Indra Agni Soma Sūrya**

Indra Agni Soma Sūrya

The four Godhead of the **Veda**-s

The concept of **Indra Agni Soma Sūrya** of the **Veda**-s is a parallel idea with that of **Sat Cit Ānanda**. Therefore **Indra** is the fundamental Reality (**Sat**), **Agni** the Consciousness (**Cit**) and **Soma** the state of Ecstasy or Bliss (**Ānanda**). **Sūrya** is the door-gate of access through knowledge (**Jñāna**) of the unity of **Sat**, **Cit** and **Ānanda**.

vide also **Ātman**, **Agni Sūrya Indra**

Indradhanuṣ

The rainbow

Indra Jyeṣṭha

Indra the leader of the heaven

One of the eight **Devasū**-s, an aspect of **Indra**, the most important of **Devasū Gaṇa Devatā**-s**.**

Indriya

Sense and action organs and the mind (**Manas**) as source of lower consciousness of objects experience

Indriya-s consist of five **Jñānendriya**-s, five **Karmendriya**-s and **Manas**. In **Tantra** their stimulation brings the stimulation of **Cakra**-s as the externalised practice of **Pratyāhāra**.

vide also **Asmitā**, **Rudra**, **Antarindriya**

Iṅgitajña

The interpretation of the inner intention by external gestures of a person

vide also **Lakṣaṇa Siddhi**

Īśa Vidyā

The knowledge of God

A **Veda Vidyā,** one of the thirty-two **Vidyā**-s. It refers to **Saguṇa Brahman** as a subject of knowledge, but to **Nirguṇa Brahman** as the subject of Self-realization only (ref. **Īśāvāsya Upaniṣad**).

vide also **Dvātriṃśat Vidyā**

Īśāna

An old name of **Śiva**; the sun as a form of **Śiva**

Īśitva

Lit. 'superiority'

One of the eight yogic powers that of being above others

vide also **Siddhi, Aṣṭasiddhi**

Iṣṭa Devatā

The chosen deity of an aspirant as the expression of the supreme reality to be followed or worshipped in various forms

Iṣṭihan (from Iṣṭi i.e. impulse)

Overcoming a specific place and time in the **Brahmaloka** thus enabling the devotee not to destroy the sacrifice of crossing the lakes **Āra** and **Nya**

It helps also to rise above the five internal fires (**Pañcāgni**-s).

vide also **Paryaṅka Vidyā**

Īśvara (from the root Īś i.e. to rule)

Lit. 'lord'

The Supreme **Puruṣa** as non-manifested state; a name of **Śiva** as patron of **Yogi**-s; God in **Yoga**

Īśvara is also the **Devatā** of **Vāyu Bhūta**.

vide also **Parabrahman**, **Asat**, **Avyakta**, **Nirākāra**, **Saguṇa Brahman**

Īśvarapraṇidhāna

Devotion to God as one of the five **Niyama**-s

Īśvarapraṇidhānapratiṣṭhā

A state in which **Īśvarapraṇidhāna** is experienced

A **Yogī** possessing this state will be able to experience the ecstasy accompanying the surrender to the Divine.

Īśvaratattva

The **Tattva** of **Jñāna Śakti** (the energy of knowledge)

vide also **Īṣvara**

Itaraliṅga

Lit. 'identification with this and that'

The experience of the similar nature of **Jīvātman** and **Ātman** taken by **Śiva** in **Ājñā Cakra** as advanced form of awareness

vide also **Śivaliṅga**

J

Jāgarī

The name of **Jīva** in the **Jāgrat** state

Jagat

The ever-changing universe as phenomenal world

Jāgrat

The **Avasthā** of waking associated with a specific **Vṛtti** (vide **Jāgrat Vṛtti**)

In this state the **Jīva** consciousness is in the gross body (**Sthula Śarīra**) and the perception is through the senses and mind.

Jāgratsvapna

An intermediate state between waking (**Jāgrat**) and dreaming (**Svapna**)

Jāgrat Vṛtti

The condition of the waking state associated in the mind with the Alpha brain waves

vide also **Avasthā**, **Vṛtti**

Jala

Water

vide also **Ap**

Jala Basti

The **Basti** with water as one of the two **Basti**-s

Jālandhara Bandha

Lit. 'water pipe lock'

The 'vital centre' **Bandha** as one of the **Mudrā Bandha**-s

vide also **Bandhatraya**

Jālandhara Pīṭha

vide **Sarvasiddhiprada Cakra**

In the **Sūkṣma Śarīra** it is equated with **Viśuddhi Cakra**

vide also **Pīṭha**, **Catuṣpīṭha**

Janarloka

The **Loka** of rebirth inhabited by **Brahmā**-s son **Sanatkumāra**

Janma Cakra

The wheel of life (from **Janma** meaning birth)

Janmarāśi

Zodiacal sign

Janmasiddha

A perfect being by birth

Janmayoga

Horoscope

Jānujugmāsana

Lit. 'posture of the joined knees'

vide **Tantrāsana**

Japa

Repetition of a **Mantra**

vide also **Ātmārpaṇa**

Japa Anuṣṭhāna

The **Anuṣṭhāna** related to **Japa**

Japamālā

The rosary used for counting of **Mantra**-s

Jaṭāyu

The vulture king

Jāṭharāgni

The digestive fire as form of **Agni**

The ten **Jāṭharāgni**-s are: **Recaka**, **Pacaka**, **Śoṣaka**, **Dāhaka**, **Plāvaka**, **Kṣāraka**, **Udgāraka**, **Kṣobhaka**, **Jṛmbhaka** and **Mohaka.**

vide also **Sarvarakṣākara Cakra**

Jātu Janus Janimā

In the **Veda**-s birth, being, nature

Jātyantara Pariṇāma

Fundamental transformation of the mind equivalent to rebirth brought by **Prakṛtyāpūrāt**

In practical terms it represents the awakening of potentialities of the mind**.**

Jayinī

The fulfilled One

One of the **Vāgdevī**-s corresponding to the mental quality of **Sattva** (equilibrium)**.**

vide also **Sarvarogahara Cakra**

Jihva

Organ of taste, the tongue

vide also **Jñānendriya**

Jihvā Śodhana

Cleaning the root of the tongue as one of the **Danta Dhauti**-s

Jihvatattva

The **Tattva** of **Jihva**

Jijñāsu

Lit. 'desirous of knowing'

A kind of spiritual initiation as **Sannyāsa** lifestyle in a preliminary stage

Jīva

vide **Jīvātman**

Jīvanmukta

A person who attained liberation (**Mukti**) and whose consciousness is not touched by **Prakṛti**, but still acts in the world of **Prakṛti**

A **Jīvanmukta** has a simultaneous perception of **Prakṛti** and the state of **Mukti** thus becoming integrated into the pure consciousness.

vide also **Marut**

Jīvanmukti

The state of a **Jīvanmukta**

Jīvātmā

vide **Jīvātman**

Jīvātman

The individual Soul

vide also **Paramātman**, **Advaita**

Known also as **Jīvātmā**, **Jīva**, the individual Soul becomes **Śārīra**, **Tejasa** or **Prājña** depending in which kind of **Śarīra** (body) dwells, respectively **Sthūla**, **Sūkṣma** or **Kāraṇa**.

Jñāna (from the root **Jñā** i.e. to know)

Knowledge, perception as one of the eight **Bhāva**-s

Jñāna extends from sense perception to the perception of **Ātman** as full absorption. Synonyms for **Jñāna** are **Vidyā**, **Prajñā**. The real **Jñāna** is that knowledge, which gives liberation; any other knowledge is called **Vijñāna**.

vide also **Savitarkā Samādhi**, **Ajñāna**, **Jñāta Jñāna Jñeya**

Jñāna Anuṣṭhāna

The **Anuṣṭhāna** related to **Jñāna**-s (as spiritual studies)

Jñāna Cakṣu

The third eye i.e. **Ājñā Cakra**

Jñāna Mudrā

A hand **Mudrā** practice in order to acquire knowledge and wisdom

Jñāna Netra

The eye of knowledge i.e. **Ājñā Cakra**

Jñāna Śakti

The energy of wisdom or knowledge

Jñāna Yoga

The **Yoga** of knowledge or wisdom

Jñānayogavyavasthiti

Steadfastness in knowledge of **Yoga** as one of the twenty-six **Daivīsampat**-s

Jñānendriya

Organ of perception in the human body

There are five **Jñānendriya**-s namely **Śrotra** (ears), **Tvak** (skin), **Netra** or **Cakṣu** (eyes), **Jihva** (tongue), **Ghrāṇa** (nose) produced from the **Rajas Guṇa** of **Prakṛti** and are parts of the thirty-six **Tattva**-s.

Jñānin

One following the **Jñāna** path

Jñātā

vide **Jñāta Jñāna Jñeya**

Jñātā Jñāna Jñeya

The One who knows, the Knowledge, the Object of Knowledge

The illusory triad of the Self, which has to merge at the stage when the Self is fully realized**.**

vide also **Śrī Yantra**, **Samāpatti**

Jñeya

vide **Jñāta Jñāna Jñeya**

Jṛmbhaka

The **Jāṭharāgni** of intake of breath (energy)

vide also **Sarvarakṣāsvarūpiṇī**

Jvālāmālinī

Lit. 'flame-garlanded'

One of the **Nityā Śakti**-s

It bestows esoteric knowledge of one's previous births. **Jvālāmālā** means garland of fire.

Jyeṣṭha

The month corresponding to parts of May/ June

vide also **Māsa**

Jyoti

Lit. 'light'

The inner light as the cause of **Anāhata Śabda**; any spiritual light experience

Jyotirdhyāna

The causal form of meditation

Jyotirliṅga

The form taken by **Śiva** in **Sahasrāra Cakra** as experience of **Jyoti** or the highest form of awareness

As an external expression there are twelve enlightened shrines of **Śiva** in India.

vide also **Śivaliṅga**

Jyotiṣāmjyotir Vidyā

The knowledge of the light of lights

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s as related to **Janaka** by **Ṛṣi Yājñavalkya**. It describes the light of lights i.e. **Ātmā**, the Soul as seated in the heart (**Hṛdaya**).

vide also **Dvātriṃśat Vidyā**

Jyotiṣmatī

Lit. 'shining, luminous'

Condition of the mind experiencing **Jyoti** (associated with **Sattva Guṇa**) through which **Viśokā** is obtained

Typical methods are practices of **Hṛdayākāśa Dhāraṇā**, **Nāda Dhāraṇā**, **Śāṃbhavī Mudrā**.

Jyotiṣmatī Pravṛtti

The mind faculty that is able to experience the light (**Āloka**)

This faculty enables the acquisition of many **Siddhi**-s.

K

Kadamba

The tree Nauclea Cadamba whose fragrant blossoms of orange colour are used in worship particularly of **Devī**'s

Kādi

The first of all **Śrī Vidyā Mantra**

Kailāsa

Mythical mountains in **Himālaya**-s

Mountains frequented by **Siddha**-s and **Gandharva**-s, the paradise of **Śiva**. Here is where **Pārvatī**, **Śiva**'s spouse, the daughter of the Mountain King was born. These mountains are also **Śiva Kṣetra**, where there are the three great shrines of **Gangotri** (the source of the Ganges), **Kedarnath** (a **Maṭh** and temple of **Sadāśiva**) and **Badrinath** (a temple of an incarnation of Lord **Viṣṇu**). It is the place of **Satsaṅga** of Lord **Śiva** for **Ṛṣi**-s and **Muni**-s, a place of great beauty, the fabulous residence of **Kubera** built of **Cintāmaṇi** and surrounded by **Kadamba** trees. The mystic mount is to be sought in the **Sahasrāra Cakra** in the body of every **Jīva**.

Kailāsavāsin

*Lit. 'the one dwelling on the mount **Kailāsa**'*

A name of **Śiva**

Kaiṃkarya

vide **Dāsya**

Kaivalya (from the word **Kevala**, vide)

The state of absolute unity of spirit as a culmination of supreme knowledge and absence of **Avidyā**

As a process of unfolding the pure consciousness, **Kaivalya** is defined as the **Pratiprasava** (involution) of the three **Guṇa**-s when they acquire an undisturbed condition, so being able to fulfil the **Puruṣārtha**-s.

Kaivalya Mukti

The liberation of absolute unity

Kaivalyaprāgbhāram

Lit. 'tendency towards absolute unity'

The process of mind's (**Citta**) attraction towards the unity experienced by a practitioner in the final stages of own **Sādhana**

Kāki Mudrā

Lit. 'gesture of the crow'

The crow **Mudrā** as one of the **Mudrā Bandha**-s

Kākinī

The **Śakti** residing in **Anāhata Cakra**

Kalā

A small part of a whole; an atom, an essential part of matter

Kāla

Lit. 'of a dark colour'

Time; death

Kalā Kañcuka

Form of **Śakti** limiting the perception of the real nature of matter as being one with the primordial unity of **Śiva Śakti**

vide also **Tattva**, **Kalātattva**

Kāla Kañcuka

Form of **Śakti** limiting the perception of time integrated with space being one with the primordial unity of **Śiva Śakti**

vide also **Tattva**, **Kālatattva**

Kalātattva

The **Tattva** of **Kalā Kañcuka**

Kālatattva

The **Tattva** of **Kāla Kañcuka**

Kālī (word derived from Kāla, vide)

Lit. 'the dark one'

The divine Mother as the consort of **Śiva**

Kālī as the first **Mahāvidyā** is the **Śakti** of **Kāla** and the original creative principle. As a goddess she transforms herself into the ten **Mahāvidyā**-s as expressions of planes of existence and cycles of life. **Kālī** is also the first expression of the awakened **Kuṇḍalinī** as destroyer of ignorance.

Kālidāda

*Lit. 'servant of **Kālī**'*

A celebrated poet of ancient India author of **Śakuntalā**, and other works.

Kāliya

The serpent-demon who was defeated by **Kṛṣṇa** as expression of victory over lust

Kali Yuga

An age of the world consisting of 432,000 years

It is held that this **Yuga** began year 3102 (or 3114) BCE, being the age in which we live in.

Kalki

The tenth incarnation of **Viṣṇu,** yet to come

Kalpa

Resolve; a fabulous period of time

Kalpataru

The wish-fulfilling tree

A **Kalpataru** day is considered to be the first of January every year. As per **Śāradā Tilaka** work, **Kalpataru** is the awakened **Kuṇḍalinī**, the source of all things desired.

Kāma

Desire, the passion associated with **Svādhiṣṭhāna Cakra**

One of the names of **Kāmadeva** as one who generates desire for love. In the **Ṛg Veda**, **Kāma** is described as the first movement of creation.

vide also **Puruṣārtha**, **Pañcāgni**

Kāmāṅga

The mango tree Magnifera Indica

Kāmabāṇa

An arrow of **Kāmadeva**

Kāma Bīja

vide **Klīṃ**

Kāmabindu

Lit. 'wish drop'

A drop of melted butter into the sacred fire in order to obtain the fulfilment of a wish

Kāmadeva

The God of Love

He can assume any form at will. His other names are **Madanā**, **Manmatha**, **Kāma**, **Smara**, **Māra**, **Pradyumna**, **Anaṅga**, **Kusumeṣu**, **Kandarpa**, **Manobhava**, **Kamarāja**, etc., all as expressions of love, attachment and desires. His two wives are **Rati** and **Prīti** as sentiment and joy. His **Bīja Mantra** is **Klīṃ. Kāmadeva** is the son of **Brahmā**, the Creator as **Kāma** (desire) comes always as part of the creation, but even exists without an object of desire (vide **Anaṅga**, **Kāma**). His emblem is the **Makara**, hence the name **Makaraketana** (the one having the **Makara** for an emblem).

Kāmadhenu

The cow of plenty, the mythical cow of **Vasiṣṭha**

As per **Śāradā Tilaka**, **Kāmadhenu** is the awakened **Kuṇḍalinī.**

Kāmakalā

Kāma signifies the union of **Śiva** and **Śakti** as **Kāmeśvara** and **Kāmeśvarī**, **Kalā** is their manifestation

Kāmākarṣiṇī

The attractive power of **Kāma**

vide also **Sarvāśāparipuraka Cakra**

Kāmākṣyā

Temple in **Kāmarūpa** (Assam-India) where **Sati**'s **Yoni** fell to ground

It is a Tantric centre of great power.

Kamalā

The tenth of the ten **Mahāvidyā**-s represents the state of reconstituted unity when everything is joy, happiness and good fortune

Kamalā is also one of Goddess **Lakṣmī**'s names. **Devī** is also named **Kamalā** as she is in every **Śakti.**

Kāmarāja

Lit. 'king of desire'

One of the names of **Kāmadeva** as king of desires

vide also **Kāma**

Kāmarājakūṭa

One group (section) of **Pañcadaśī Mantra** known also as **Madhyakūṭa**

It is presided over by **Sūrya**

Kāmarūpa

*Lit. 'shape assumed at will; the **Yoni**'*

An old region corresponding to the actual east part of Bengal and west part of Assam in India where the famous temple **Kāmākṣyā** is located

Kāmarūpa Pīṭha

vide **Sarvasiddhiprada Cakra**

vide also **Pīṭha**, **Catuṣpīṭha**

In the **Sūkṣma Śarīra** it is equated with **Svādhiṣṭhāna Cakra**. It is also a **Yonipīṭha.**

Kāmaśara

Lit. 'love's shaft'

An arrow of **Kāmadeva**

Kāmeśī

The passionate One

One of the **Vāgdevī**-s corresponding to the mental activity of **Uṣna**.

vide also **Sarvarogahara Cakra**

Kāmeśvara

Lit. 'the king of love'

A name of **Śiva** without attributes

vide also **Kāmakalā**

Kāmeśvarī

Lit. 'the queen of love'

One of the **Āvaraṇa Devatā**-s presiding over the principle of existence of **Avyakta**

Kāmeśvarī is also a name for the Supreme **Śakti** (vide **Kāmakalā**, **Kāmeśvarī Nityā**).

vide also **Sarvasiddhiprada Cakra**

Kāmeśvarī Nityā

The eternal **Kāmeśvarī**, a name for the Supreme **Śakti**

Kāminīkāñcana

Lust and gold as expressions of desire and greed

Kāmyahoma

Homa with the purpose of attainment of one's desires

Kañcuka

Lit. 'cover, disguise'

Limitation

Forms of **Śakti** in which the primordial unity is obscured by **Māyā Śakti** so the inner perfection of **Cit Ānanda** as **Śiva Śakti** union is limited. There are five **Kañcuka**-s (part of the thirty-six **Tattva**-s), viz. **Kalā**, **Vidyā**, **Rāga**, **Kāla** and **Niyati**.

Kandarpa

Lit. 'inflamer even of a god'

One of **Kāmadeva**'s names, as the one inflaming love

Kapālabhāti

Lit. 'shinning skull'

One of the **Ṣaṭkarma**-s used to destroy the disorders caused by **Kapha** (phlegm)

It is of three kinds namely **Vāmakrama**, **Vyutkrama** and **Śītkrama.**

Kapālarandhra Dhauti

Cleaning of the frontal sinuses as one of the **Danta Dhauti**-s

Kapha

One of the three **Doṣa**-s

In the **Āyurveda** system, **Kapha** is a deficiency of phlegm as a cause to diseases.

Kāraṇa

Cause, origin

Kāraṇa Bindu

The causal source, which proceeds the **Kārya Bindu**

Kāraṇa Rūpa

Causal form

vide also **Rūpa**

Kāraṇa Śarīra

The causal body (composed of **Saṃskāra**-s) as vehicle of transmigration (**Saṃsāra**)

Its centre is the heart. This **Śarīra** is the cause of all other lower bodies.

Karavīra

The plant oleander (Nerium Odorum) or its flower; a species of **Soma** used in worship

Kārikā

A verse of an essential statement usually applied in grammar and philosophy

Karma (from the root Kṛ i.e. to accomplish)

Action and its accumulations

The accumulated **Karma** is of three kinds, viz. **Śukla Karma**, **Kṛṣṇa Karma** and **Aśuklākṛṣṇa Karma** producing fruits according to own nature. The actions (**Karma**-s) are accompanied by **Pariṇāma**, **Tāpa** and **Saṃskāra**. As degree of finesse **Karma** is of two kinds, i.e. **Sthūla** and **Sūkṣma**. **Karma** accumulates only when there is a sense of doing something. From the point of

view of timely effect, **Karma** is of two kinds, viz. **Sopakrama** and **Nirupakrama**.

vide also **Karmāśaya**, **Saṃskāra**

Karma Deva

A god created by own actions as compared to a **Ājānaya Deva** (god by birth)

vide also **Ānandamaya Vidyā**

Karma Sannyāsa

One of the preliminary stages of **Sannyāsa** lifestyle when the **Sannyāsin** although living in the world is committed to spiritual life

Karma Sannyāsa is also a kind of initiation of yogic type.

vide also **Dikṣa**

Karmāśaya

Repository of acts as **Karma**-s of various natures, the store of the traces of past **Karma**-s accumulated in the forms of **Saṃskāra**-s

Karma Yoga

The **Yoga** of action

vide also **Pariśrama**

Karmendriya

Organ of action in the human body

There are five **Karmendriya**-s namely **Vāk** (mouth), **Upastha** (genitals), **Pāyu** (anus), **Pāṇī** (hands), **Pāda** (feet) produced from the **Rajas Guṇa** of **Prakṛti** and are parts of the thirty-six **Tattva**-s.

vide also **Vikaraṇa Bhāva**

Karṇa Dhauti

Cleaning of the ear opening as one of the **Danta Dhauti**-s

Karobari

The caretaker of a spiritual institution

Kartarī

A two-syllables **Mantra**

Kārtika

The month corresponding to parts of Oct./ Nov.

vide also **Māsa**

Kārttikeya

The god of war, son of **Śiva** and **Pārvatī**

Karuṇā

The sentiment of compassion; compassion as one of the **Rasa**-s

Karuṇā is also one of the **Citta Prasādana**-s as an attitude towards unhappy people.

vide also **Maitryādi**

Kārya

Effect; action

vide also **Kāraṇa**, **Satkāryavāda**

Kārya Bindu

The effect source, which follows the **Kāraṇa Bindu**

Kaṣāya

Astringent as one of the essential tastes (**Rasa**-s)

Kaṭuka

Pungent as one of the essential tastes (**Rasa**-s)

Kaula

The essence common to both **Śiva** and **Śakti**

Kaula Dharma and **Kaulika Dharma** are synonyms. In the **Tantra**-s **Kula** means **Śakti**, **Akula** means **Śiva** and the union between **Kula** and **Akula** is called **Kaula**. The path of **Suṣumnā** is also named **Kula**, as **Devī**'s names are **Kulayoginī** and **Kaulinī**. Traditionally there are eight kinds of women attending on **Kaula** worship.

Kaulamārga

The **Kaula** path

Kaulika

vide **Kaula**

Kaulinī

The essential (basic) One

One of the **Vāgdevī**-s corresponding to the mental quality of **Tamas.**

vide also **Sarvarogahara Cakra**, **Kaula**

Kaumudī

Lit. 'moonlight'

The day of full-moon in the month of **Kārtika** when the festival in honour of **Kārttikeya** is held

Kaumudī is also personified as goddess, the wife of **Candra.**

Kaumudīcāra

The day of full-moon in the month of **Āśvina**

Kavitva

The literary ability

vide also **Pāṇḍitya**

Kāvya

Poem; charming

Kāya

Body

Kāyāgni

The fire of the body as digestive fire

Kāyarūpa

Form of the body

Performing **Saṃyama** on **Kāyarūpa** and suspending the reception of the light in the eyes will enable the **Yogī** to become invisible.

Kāya Sampad

Bodily perfection

In **Haṭha Yoga** the marks of bodily perfection are four viz. **Rūpa**, **Lāvaṇya**, **Bala** and **Vajsaṃhananatvāni** (vide **Yoga Sūtra**-s III.46).

Kāya Sthairya

Steadiness of the body

Kāyika

Kind of worship "by body" of the **Devī**

vide also **Yāga**

Keśava

Lit. 'having long or handsome hair'

A name of **Kṛṣṇa**

Keśava assumes various forms in different **Yuga**-s**.**

Ketu

The descending node in astronomy and astrology, one of the **Navagraha**-s

Kevala

Lit. 'entirely, wholly'

The state of highest possible knowledge

Kevala Kumbhaka

Spontaneous **Kumbhaka** as a result of full awakening of **Kuṇḍalinī**

vide also **Sahita Kumbhaka**

Kevalī

Lit. 'causing absorption'

In **Haṭha Yoga** one of the eight major kinds of **Prāṇāyāma**

Khaḍga Siddhi

The power of breaking through

vide also **Siddhi**

Khajuraho

Lit. 'agitated chest'

The famous Tantric temples

Khaṇḍa

Lit. 'part, chapter, group, section of a work'

Division

Khecarī

The flying One

Khecari Mudrā

The **Mudrā** of flying as one of the **Mudrā Bandha**-s

Khyāti

Awareness

vide also **Vivekakhyāti**

Kīrtana

One of the **Aṅga**-s of **Bhakti Yoga** as the devotional act of singing songs for the Divine

Kīrti

Fame

Kleśa

Affliction, suffering

In **Yoga** the five afflictions binding down the human being are **Avidyā**, **Asmitā**, **Rāga**, **Dveṣa**, **Abhiniveśa**. From **Avidyā**, **Asmitā** will appear, from **Asmitā**, **Rāga**, from **Rāga**, **Dveṣa**, from **Dveṣa**, **Abhiniveśa**. **Kleśa**-s can be eliminated mainly by living into an **Āśrama** and coming back to society after a while.

vide also **Duḥkha**

Klīṃ

Kāma Bīja

A **Bīja** for **Kāmadeva** and **Kṛṣṇa.**

Konārak

Lit. 'corner of the time-wheel'

The famous Tantric temple in Orissa (India)

Kośa

Lit. 'sheath; body'

Sphere of consciousness

There are five **Kośa**-s viz. **Annamaya**, **Prāṇamaya**, **Manomaya**, **Vijñānamaya** and **Ānandamaya** as an integral part of the three **Śarīra**-s.

vide also **Vikṣepasahabhū**

Krama

Lit. 'proceeding, going towards; progressing step by step; method'

Sequence, order

Kratu

Name of a **Ṛṣi**; capacity; will

vide also **Saptaṛṣi**

Kriyā Śakti

The energy of action

Kriyā Yoga

The practical **Yoga**

Kṛkara

The **Vāyu** producing the function of hunger

vide also **Sarvārthasādhaka Cakra**, **Sarvavighanivāriṇī**

Krodha

Anger as one of the seven **Varjana**-s

Krodha, known also as **Dveṣa** is the passion associated with **Maṇipūra Cakra**.

vide also **Pañcāgni**, **Aṅkuśa**

Kṛpā

Mercy

Kṛpā Kaṭākṣa

A side look (glance) full of grace as **Devī**'s kind of look

Kṛpāsāgara

Lit. 'the one who is an ocean of mercy'

A name of **Kṛṣṇa**

Kṛṣṇa

Lit. 'dark-blue; the one who attracts'

An incarnation (**Avatāra**) of **Viṣṇu**

Kṛṣṇa Karma

The bad (dark) **Karma** as one of the three accumulated **Karma**-s

Kṛta Yuga

vide **Satya Yuga**, **Yuga**

Kṛti

The quality of being active

vide also **Bhūma Vidyā**

Kṣamā

Forgiveness as one of the twenty-six **Daivīsampat**-s

vide also **Akṣamā**

Kṣāraka

The **Jāṭharāgni** of bile secreting

vide also **Sarvādhārasvarūpiṇī**

Kṣatriya

One of the four **Varṇa**-s in the Vedic tradition consisting of military and administrative people

Kṣetra

Field

vide also **Kurukṣetra**

Kṣipta

Uncontrolled state as one of the five **Cittabhūmi**-s

Kṣīra Vṛkṣa

Fig-tree

Kṣobhaka

The **Jāṭharāgni** of churning of the food

vide also **Sarvānandamayī**

Kṣudra Brahmāṇḍa

Lit. 'little universe'

The human body as Microcosm

About the human body as a Microcosm the work **Viśvasāra Tantra** says: "What is here is elsewhere, what is not here is nowhere". As such there is a fundamental parallel concept between Microcosm (**Kṣudra Brahmāṇḍa** or **Piṇḍāṇḍa**) and Macrocosm (**Brahmāṇḍa**).

vide also **Śiva Śakti**, **Piṇḍāṇḍa**, **Brahmāṇḍa**

Kubera

The god of wealth known also as **Kuvera**

vide also **Kailāsa**

Kuhū

The new moon personified

Kuhū Nāḍī

The **Nāḍī** connected to the right side of forehead

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvavidrāviṇī**

Kuja

The planet Mars, one of the **Navagraha**-s

Kukkuṭāsana

The cock **Āsana**

Kula

vide **Kaula**

Kulakuṇḍa

The place where **Kuṇḍalinī** sleeps in **Mūlādhāra Cakra**

Kulāmṛta

The nectar flowing from **Sahasrāra Cakra**

Kulasundarī

One of the **Nityā Śakti**-s

Kumārī Pūjā

Worship of virgin in the Tantric tradition

Men do the worship. A girl in her eighth year is called **Gaurī.**

Kumbhaka

Controlled retention of breath as one of the three states of **Prāṇāyāma**

As a rite **Kumbhaka** is the inner **Agnihotra.**

Kuṇḍa

Lit. 'pit, round hole in the ground where fire is burnt; coiled; circular'

The place in the human body where the sexual glands are situated; a special hole used in the ceremonial rite of sacrificing to the fire (**Agni**)

Kuṇḍalinī

Lit. 'that which is coiled'

The evolutionary energy as power/ force resting at the base of the spinal column where is described as being coiled three and a half times around **Svayambhū Liṅga**

When **Kuṇḍalinī** is raised up through the **Suṣumnā Nāḍī** the higher levels of consciousness are experienced while the **Cakra**-s are activated until **Kuṇḍalinī** reaches **Sahasrāra Cakra** that is the end of its journey. **Kuṇḍalinī** is the aspect of **Kāraṇa Bindu** in the human body.

vide also **Kevala Kumbhaka**, **Kuṇḍa**

Kuṇḍalinī Śakti

The Serpent Power; the transformative energy of creation

It has three forms namely **Adhaḥśakti**, **Madhyaśakti** and **Ūrdhvaśakti**. When **Kuṇḍalinī Śakti** has passed through all the seven **Cakra**-s the consciousness of the **Yogī** becomes uninterrupted between the lowest and the highest centres.

Kuṇḍalinī Yoga

The **Yoga** of **Kuṇḍalinī** known also as **Laya Yoga**

Kūrma

Lit. 'tortoise'

The **Vāyu** producing the function of closing and opening of eyelids

Kūrma is also one of **Viṣṇu**'s incarnations, the representation of the *axis mundi*, the centre of stability around which everything evolves.

vide also **Sarvārthasādhaka Cakra**, **Sarvamṛtyupraśamaṇī**

Kūrmāsana

The tortoise **Āsana**

Kurukṣetra

Lit. 'field of the Kuru-s'

The battlefield described in the **Bhagavad Gītā** as symbol of the inner battlefield within the human body

Kurukullā

A name of India and its people personified as goddess

Her **Vidyā** is called **Trikhaṇḍā**

vide also **Vārāhī**

Kuśa

Grass scientifically known as Poa Cynosuroides used in certain sacred ceremonies and for meditation in **Yoga**

Kusuma

Flower; menstrual discharge

vide also **Anaṅgakusukā**

Kusumeṣu

Lit. 'arrow of flower'

One of the names of **Kāmadeva** as one whose love arrows are flowers

vide also **Kusuma**

Kuṭicaka

Lit. 'happy in the hut'

One of the preliminary stages of **Sannyāsa** lifestyle when the **Sannyāsin** starts to live in an **Āśrama**

Kuṭīr

Cottage, hut as a retreat for a **Sannyāsin**

L

Laghimā

Lit. 'lightness'

One of the eight yogic powers the one allowing somebody to become very light; lightness as a result of practicing **Prāṇāyāma**

vide also **Siddhi**, **Aṣṭasiddhi**

Laghu

*S*hort

Lajjā

Modesty; shame; bashfulness

Lākinī

The **Śakti** residing in the **Maṇipūra Cakra**

Lakṣaṇa

Lit. 'expressing indirectly, indicating; symbol, sign'

Characteristic, attribute, mark; a kind of **Śāstra**; expression of a condition

Lakṣaṇa Pariṇāma

Transformation of quality of the mind (**Citta**) accompanying the **Pariṇāma**-s as a result of **Saṃyama**

Lakṣaṇa Siddhi

The power to have a correct interpretation of nature's warnings of past, present and future events

This ability makes possible to have accurate predictions.

vide also **Śakuna Tantra**, **Siddhi**

Lakṣmaṇa

The brother of **Rāma** renowned for his devotion to **Rāma**; a famous Tantric temple at Khajuraho (India)

Lakṣmī

Goddess of prosperity, spouse of Lord **Viṣṇu** known also as **Kamalā**, **Ramā**

Lakṣmī Bīja

vide **Śrīṃ**

Lakṣya

Aim, goal

Lalanā Cakra

A minor **Cakra** located to the back wall of the pharynx serving to store the **Amṛta** falling from **Bindu** prior to the release to **Viśuddha Cakra**

Lalitā

Lit. 'she who plays; she who is charming, lovely, desired'

A special name of **Devī,** the great Goddess, the great **Śakti**

Her play is world-play. The word **Lalitā** has the meanings of eight human qualities namely brilliancy, manifestation, tenderness, depth, concentration, energy, grace and compassion. She is the deity of **Śrī Vidyā**, the supreme **Kameśvarī** at the centre of **Śrī Yantra**. According to **Padma Purāṇa**, **Lalitā** is the deity worshipped at **Prayāga.** The Goddess **Lalitā** has many names, the most famous group being **Lalitā Sahasranāma Stotra**.

vide also **Āyudha Devatā**

Lalitā Sahasranāma Stotra

The most relevant reference book in the **Śakti** tradition

Latā

Creeper; slender body; woman partner

Latā Sādhana

A Tantric practice of a female with a male

Esoterically is the expression of **Devī Kuṇḍalinī** encircling the **Svayambhū Liṅga** like a creeper (**Latā**) in **Mūlādhāra Cakra**.

Laulikī

vide **Neti**

Lavaṇa

Salt, one of the essential tastes (**Rasa**-s)

Lāvaṇya

Beauty as one of the four **Kāya Sampad**-s

Laya

Lit. 'absorption, dissolution'

The process in which a product dissolves or is absorbed into that from which has originated.

vide also **Nivṛtti**

Layakrama

Lit. 'going towards absorption'

The process of absorption as opposed to **Sṛṣṭikrama**

Practically any act of **Yoga** is a **Layakrama** act. In the **Śrī Yantra** the action of absorption have the direction from **Trailokyamohana** to **Bindu.** Practically any act of **Yoga** is a **Layakrama** act.

Laya Siddhi Yoga

Kind of **Yoga** by practicing with **Yoni Mudrā**

Laya Siddhi Yoga Samādhi

The **Samādhi** as a result of **Laya Siddhi Yoga** practice

Laya Yoga

The **Yoga** of dissolution known also as **Kuṇḍalinī Yoga**, a combination of **Karma** and **Jñāna Yoga**-s

The final absorption into **Kuṇḍalinī** means becoming one with the **Jñāna Śakti**.

Līlā

Divine play producing the universe

vide also **Lalitā**

Liṅga

Lit. 'emblem; sign; form in disguise'

A mark of identification; the transmigrating soul

Liṅgamātra

Lit. 'with mark'

One of the four **Guṇaparva**-s in which **Ānanda Samādhi** is experienced

Liṅga Mudrā

The gesture of the **Liṅga** form generating heat in the body

Liṅga Śarīra

The subtle body, same as **Sūkṣma Śarīra**

Lobha

Greed, the passion associated with **Mūlādhāra Cakra**

vide also **Pañcāgni**

Loka

Lit. 'plane; world; region'

Degree of space access and level of awareness

Traditionally there are fourteen **Loka**-s, seven above (and including) the **Bhūrloka** and seven below. The above earth worlds are **Bhūrloka**, **Bhuvarloka**, **Svarloka**, **Maharloka**, **Janarloka**, **Taparloka** and **Satyaloka** (or **Brahmaloka**). The below regions are **Atalaloka**, **Vitalaloka**, **Sutalaloka**, **Rasātalaloka**, **Talātalaloka**, **Mahātalaloka** and **Pātālaloka**. There is a correspondence between **Loka**-s and **Cakra**-s as expressing various levels of awareness (consciousness).

M

Mada

Pride, arrogance, the passion associated with **Viśuddha Cakra**

vide also **Pañcāgni**

Madanā

Lit. 'love, passion; the season of spring; intoxication'

One of the names of **Kāmadeva** as one who intoxicates with love

vide also **Anaṅgamadanā**

Madanāturā

Lit. 'love-sick'

vide **Anaṅgamadanāturā**

Madhu

Lit. 'sweet, delightful; honey'

The season of spring; a name of **Śiva**

Madhubhūmika

A **Yogī** who can experience his **Siddhi**-s in the world of **Prakṛti**

Madhura

Sweet, one of the essential tastes (**Rasa**-s)

Mādhurya

Loveliness, sweetness; deep affection; one of the **Bhāva**-s of **Bhakti Yoga**, also one of the **Rasa**-s

Madhu Vidyā

The knowledge of the honey

A **Veda Vidyā** (one of the thirty-two **Vidyā**-s) having the central point the sun and its manifestations as **Madhu** (honey) of all the gods and their manifestations. The universe is compared to the honeycomb similar to the honeycomb of the human body.

vide also **Dvātriṃśat Vidyā**

Madhya

Middle

Madhyakūṭa

vide **Kāmarājakūṭa**

Madhyamā

The audible (whispering) stage of **Śabda**

Madhya Marga

vide **Suṣumnā**

Madhyaśakti

The middle one of the **Kuṇḍakinī Śakti**-s

Madhya Tīvrasaṃvega

Medium intensity of eagerness as one of the three **Tīvrasaṃvega**-s

Madya

vide **Pañca Makāra**

Māgha

The month corresponding to parts of Jan./ Feb.

vide also **Māsa**

Mahā Bandha

The great **Bandha** as one of the also **Mudrā Bandha**-s

A kind of **Bandha** in which the three major **Bandha**-s are performed concurrently.

vide also **Bandhatraya**

Mahābhārata

The great Indian epic attributed to the sage **Vyāsa**

It describes the conflict between the forces of light (the **Pāṇdu**-s) and the forces of evil (the **Dhṛtarāṣtra**-s).

Mahābhūta

vide **Bhūta**

Mahābindu

vide **Parābindu**

Mahādeva

Lit. 'the great god'

A name of **Śiva**

Mahā Kāraṇa Śarīra

The great causal body associated with the state of **Turīya** and **Śuddhatattva**-s

vide also **Turīyātīta**

Mahākāśa

The third of the **Vyoma Pañcaka**-s described as the great space

Mahā Māyā

Lit. 'great illusion'

The objective universe

Mahā Mudrā

The great **Mudrā** as one of the most important **Mudrā Bandha**-s

Mahānavamī

The ninth day of the bright half of **Āśvina** and **Caitra**

Mahāpralaya

The great dissolution

Mahāpuruṣa

The Great Being; a name of **Śiva**, as holder of consciousness

Maharloka

The region above the polar star

A **Loka** inhabited by **Bhṛgu** and other saints, also known as the middle region.

Mahā Ṛṣi

Great seer of the Vedic tradition

vide **Brahmā**

Mahāśakti

Supreme **Śakti**

A synonym for **Paramaśakti**. In that supreme sphere crossing all worlds her residence is called **Mahā Kailāsa** or **Aparājita**. There she is one with **Paramaśiva**. Her body is of pure **Sattva**.

Mahat

The highest intelligence; the cosmic principle of **Buddhi**

On the human plane **Mahat** takes the form of the **Tanmātra**-s.

vide also **Bhagamālinī**, **Sarvasiddhiprada Cakra**

Mahātalaloka

vide **Loka**

Mahātattva

The centre of individuality in any **Avasthā** (state) of a person, experienced as **Ahaṃkāra** or **Asmitā**. **Saṃyama** on **Mahātattva** leads to **Nirmana Citta** experience.

Māhātmya

Greatness

Mahātripurāsundarī

The Great Beautiful **Tripurā**

vide also **Sarvānandamaya Cakra**

Mahāvajreśvarī

One of the **Nitya Śakti**-s

Mahāvākya

The four great sayings of the **Upaniṣad**-s: **Tattvamasi**, **Ahaṃbrahmāsmi**, **Prajñānam Brahmā** and **Āyamātma Brahmā**

They summarise the whole philosophical concept of the **Upaniṣad**-s. The experience of these four sayings is possible only after attaining **Dharmamegha Samādhi** through yogic techniques, i.e. full spiritual liberation.

Mahā Vedha

The awakening **Bandha** as one of the **Mudrā Bandha**-s

The awakening refers to **Kuṇḍalinī Śakti**

Mahāvidehā

Lit. 'great bodiless'

The awareness of **Cidākāśa** as a way to destroy/ remove **Āvaraṇa**

Mahāvidyā

Lit. 'great wisdom'

The third kind of initiation in the **Tantra Sādhana**; the ten Tantric **Śakti**-s

As Tantric **Śakti**-s they are **Kālī**, **Tārā**, **Ṣoḍaśī**, **Bhuvaneśvarī**, **Cinnamastā**, **Tripurā Bhairavī**, **Dhūmāvātī**, **Bagalā Mukhi**, **Mātaṅgī**, **Kamalā** representing the gradual transformation of the primordial principle of creation that is Goddess **Kālī**.

Mahāvidyā-s have specific **Yantra**-s to depict the polarity of their divine nature either positive or negative. In **Tantra** the ten **Mahāvidyā**-s are degrees of experiences towards unity.

Mahāyāga

Great Worship

The paramount worship of **Devī** or of the sixty-four **Yoginī**-s as is performed by **Śivayogī**-s only.

vide also **Yāga**

Mahāyajña

Great sacrifice (offering)

vide also **Ṛtvija**, **Yajña**

Mahā Yuga

The great **Yuga**

vide **Yuga**

Mahimā

Lit. 'greatness'

One of the eight yogic powers of becoming as big as the universe

vide also **Siddhi**, **Aṣṭasiddhi**

Maithuna

Lit. 'coupling, union'

Sexual union between a **Yoginī** and a **Yogi**, representing **Śakti** (energy) and **Śiva** (consciousness)

Maithuna has three **Rūpa**-s (forms) namely **Sthūla**, **Sūkṣma** and **Kāraṇa**. The **Sthūla Maithuna** (gross union) is the sexual union, the **Sūkṣma Maithuna** is the union of **Prāṇa**-s (energies), and the **Kāraṇa Maithuna** is the union of **Kuṇḍalinī Śakti** with **Śiva** as a culmination experience in **Tantra**. But **Kāraṇa Maithuna** transcends the ordinary experience being the esoteric kind of **Maithuna**. The three **Rūpa**-s of **Maithuna** are expressions of the experience of duality matter-spirit.

vide also **Pañca Makāra**, **Mithuna Mūrti**, **Samarasa**

Maitrāvaruṇa

*Lit. 'the one belonging to **Mitra** and **Varuṇa**'*

In the **Veda**-s a helper priest, the first assistant of a **Hotṛ** priest

Maitreyī Vidyā

The knowledge of **Maitreyī**

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s, in which **Rṣi Yājñavalkya**, on retiring from his household life, instructs **Maitreyī**, one of his two wives into the knowledge of **Ātma** in order to obtain immortality.

vide also **Dvātriṃśat Vidyā**

Maitrī

The sentiment of friendship

Maitrī is also one of the **Citta Prasādana**-s as an attitude towards happy people.

vide also **Maitryādi**

Maitryādi

The group of sentiments of **Maitrī**, **Karuṇā** and **Muditā** leading to a particular state of **Samādhi**

Majjā

Marrow

vide **Dhātu**

Makara

Crocodile regarded as an emblem of **Kāmadeva**

Makaraketana

*Lit. 'one having the **Makara** for an emblem'*

One of the names of **Kāmadeva**

Makarāsana

The dolphin **Āsana**

Mālā

Lit. 'wreath, garland; crown; rosary, necklace'

A string of beads of **Tulsi**, **Rudrākṣa**, crystal, etc., used mainly for **Japa** practice

Esoterically it represents the impurity of the mind.

vide also **Anaṅgamālinī**

Mālā Mantra

A **Mantra** having more than twenty syllables, a sacred text in the form of a wreath

Mālinī

Female florist

Mālinī Tantra

A kind of **Tantra**

Māṃsa

Flesh; meat

vide **Pañca Makāra**, **Dhātu**

Manana

Lit. 'reflection, thinking, meditation'

A method of reflection in order to differentiate between what is real and what is unreal and achieve **Viveka** on any particular experience

Manas

The mind as organ of perception or supporting organ

The mind is the organ through which the human being will have a finite experience of the infinite consciousness (**Cit** or **Samvit**) through **Citta** as reflection of **Cit.**

vide also **Ākāśa**

Mānasa

Kind of worship "by mind" of the **Devī**

vide also **Yāga**

Mānasapūjā

Lit. 'mental worship'

A ritual practice of mental worship such as using a **Mantra** for example

vide also **Pūjā**

Manaska

The knowledge of **Brahman** through the mental plane

vide also **Amanaska**

Manas Śakti

The awareness of time (**Kāla**) as one of the **Śakti**-s flowing through **Iḍā Nāḍī** thus enabling the **Jñānendriya**-s to function

Manas Śakti is the mental kind of energy (vide **Śakti**).

vide also **Śiva Śakti**

Manastattva

The **Tattva** of **Manas**

Mānavaugha

Lit. 'the human teacher'

Three aspects of **Śiva** as part of **Navanātha**-s represented in the human body by two nostrils (**Ghrāṇa**) and the anus (**Pāyu**)

Maṇḍala

Lit. 'circular; group, multitude'

Kind of **Yantra** representation of a **Devatā** either in bi-dimensional or tri-dimensional form

There is a fundamental concept that the human body is a **Maṇḍala**, thus subject to all forms of **Yantra** worship.

Maṇḍalapīṭha

A symbol of creation as attribute of the **Devī** in the **Maṇḍala** or **Yantra** forms

vide also **Pīṭha**

Maṇḍapa

Hall; temple

Maṇḍukāsana

The frog **Āsana**

Māṇḍukī Mudrā

The frog **Mudrā** as one of the **Mudrā Bandha**-s

Maṅgala

Lit. 'happiness'

Anything auspicious; an aspect related to the **Śiva** concept; a name for planet Mars

Maṇi

Gem, jewel, pearl

Maṇipūra Cakra (known also as **Nābhipadma**)

Lit. 'city of jewels wheel'

The **Cakra** located in the subtle body on the vertebral column behind the navel

This **Cakra** is associated with the **Jñānendriya** of **Netra**, the **Karmendriya** of **Pāda**, the **Tanmātra** of **Rūpa**, is the centre for **Samāna Vāyu** and the seat of **Prāṇamaya Kośa**, the level of awareness is **Svarloka**.

vide also **Lākinī**

Manmatha

Lit. 'stirring the mind; destroying the mind'

One of the names of **Kāmadeva** as one who agitates the mind

Manobhava

Lit. 'mind born'

One of the names of **Kāmadeva** as one who is first born in the mind, then takes different forms

Manomaya Kośa

The body of mind as sphere of consciousness

It forms **Sūkṣma Śarīra**, the subtle body. This **Kośa** is the expression and experience of the mind and has its seat in the **Anāhata Cakra**.

Manonmanī

The cessation of mind functioning as a yogic experience

Mantha

Lit. 'churning'

The activity of stirring round an offering as part of an oblation; the churning-stick or the mash-pot

Mantra

Lit. 'liberation of the mind'

A sacred formula as a subtle form of a **Devatā**, an expression of the consciousness as sound

Mantra-s are of five kinds viz. **Piṇḍa**, **Kartarī**, **Bīja**, **Mantra** and **Mālā**. A **Mantra** having ten to twenty syllables is called **Mantra** (vide all five kinds). **Mantra** practice goes in spiral bringing the mind closer and closer to the source of the sound. The most celebrated is **Mantra Oṃ**, the sound going towards absorption.

Mantrapīṭha

A symbol of creation as attribute of the **Devī** in a **Mantra** form

vide also **Pīṭha**

Manuṣya

Human being

Māra

Lit. 'killing'

One of the names of **Kāmadeva** as one who kills for love

Māra is personified as a demon wearing a crown with a shinning jewel that it blinds those looking at it. The jewel is the fascination of vice, the demon **Māra** is in fact the personification of the human temptation to vice hence an aspect of **Kāmadeva** who kills for the vicious love.

Māraṇakarma

Lit. 'action of destruction of an enemy'

One of the **Ṣaṭkarma**-s, which gives the power to kill one's enemy

This is one of the five malefic magical rites in the **Tantra**-s.

Mārdava

Gentleness as one of the twenty-six **Daivīsampat**-s

Mārga

Lit. 'search, seeking'

Path; the spiritual path

vide also **Devayāna**

Mārgaśīrṣa

The month corresponding to parts of Nov./ Dec. known also as **Sahas** or **Agrahāyaṇa**

vide also **Māsa**

Marīci

Name of a **Ṛṣi**

vide also **Saptaṛṣi**

Marut

Lit. 'shinning one'

In the **Veda**-s the Storm-Gods sons of **Rudra** and companions of **Indra** symbolizing the liberated sages i.e. the Self-realized seers

vide also **Ṛṣi**, **Saptaṛṣi**

Māsa

Month

The lunar months are **Caitra**, **Vaiśākha**, **Jyeṣṭha**, **Āṣāḍha**, **Śrāvaṇa**, **Bhādrapada**, **Āśvina**, **Kārtika**, **Mārgaśīrṣa**, **Pauṣa**, **Māgha**, **Phālguna.**

Mātā

Mother

Mātaṅgī

The ninth of the ten **Mahāvidyā**-s representing the power to control and annihilate evil and exercise virtues

Mātaṅginī Mudrā

The she-elephant **Mudrā** as one of the **Mudrā Bandha**-s

Maṭha

A place of hermitage; an **Āśrama**

Mati

The quality of determination

vide also **Bhūma Vidyā**

Mātrā

A unit of time for measuring the duration of **Prāṇāyāma** approximated to one second or less

Mātṛkā

Lit. 'source'

Letters from A to Ha of **Devanāgari**, the Sanskrit alphabet; divine mother

Its source is **Śabda**, the letters symbolizing functions of the same creative force. The letters are to be regarded as **Mantra**-s, sounds representing the subtle forms of **Devatā**-s. **Mātṛ** means mother hence **Mātṛkā** emphasises a creative aspect. In symbols of the human subtle body, **Mātṛkā**-s are present on letters on the petals of **Cakra**-s. There are 50 letters of **Devanāgari** alphabet.

Matsya

Fish; an **Avatāra** of **Viṣṇu** as representation of the beginning of manifestation of the universe

vide also **Pañca Makāra**

Matsyāsana

The fish **Āsana**

Matsyendrāsana

The king of fish **Āsana**

Mauna

Vow of silence as a yogic **Pratyāhāra** technique developing the attitude of a seer (**Draṣṭa**)

Māyā

Illusion of duality in **Vedānta**

It has two functions namely **Āvaraṇa** and **Vikṣepa** and manifests in the human mind as **Avidyā**.

vide also **Māyā Śakti**, **Brahman**

Māyā Bīja

vide **Hrīṃ**

Māyā Śakti

The energy of illusion, the cosmic energy

It is a manifestation of **Śakti** which veils in various degrees Herself as consciousness. In **Tantra**-s, **Māyā** is real, only her manifestation becomes an illusion (mere semblance).

Māyātattva

The **Tattva** of **Māyā Śakti**

Mayūrāsana

The peacock **Āsana**

Meda

Fat

vide **Dhātu**

Meḍhra

Penis

Mekhalā (also Mekhala)

Lit. 'girdle, belt; ceremony of investiture'

Name of the girdle worn by the men of the first three castes of Hindu tradition

That of a **Brahman** is made of **Muñja**, that of a **Kṣatriya** of **Mūrvā**, that of a **Vaiśya** of **Śaṇa.**

vide also **Varṇa**, **Anaṅgamekhalā**

Meru

Mythical mountain in the **Himālaya**-s

Here is the centre of the world-lotus, in esoteric terms the **Sahasrāra Cakra**

Meru Daṇḍa

The vertebral column symbolized by the stem of the **Vīṇā** of **Tripurasundarī**

Mīmāṃsā

One of the **Ṣaḍ Darśana**-s

It has two branches namely **Pūrva** and **Uttara Mīmāṃsā**-s

Mīṇākṣi

Lit. 'the one having fish-eyes'

A form of **Śakti** as spouse of **Śiva**; kind of **Soma** plant; a famous Tantric temple in Madhurai (India); a daughter of **Kubera**

Miśra

Mixed

Miśrabindu

The point of return of thought after activity and the union with the pure thought

One of the three **Parābindu**-s representing the **Śiva Śakti Māyā** as well as the **Icchā Śakti** as manifestations.

vide **Bindu**, **Parābindu**

Mitāhāra

Moderate diet

vide also **Anāhāra**, **Atyāhāra**

Mithuna Mūrti

Statue of a couple in an erotic posture

They are displayed in various temples like **Khajuraho**, **Konarak**, **Mīṇākṣi**, **Padmanābhasvāmī** (in Trivandrum, Kerala, India), **Śrīraṅganātha** (in **Śrīraṅgam**).

Mitra

Lit. 'friend'

A name of Sun-god in the **Veda**-s; one of the twelve **Āditya**-s

Mitra Satya

The light of truth

One of the eight **Devasū**-s, an aspect of **Mitra.**

Modinī

The delighting One

One of the **Vāgdevī**-s corresponding to the mental activity of **Sukha** (delighted).

vide also **Sarvarogahara Cakra**

Moha

Infatuation, attachment

Known also as **Rāga** it is the passion associated with **Anāhata Cakra.**

vide also **Pañcāgni**, **Pāśa**

Mohaka

The **Jāṭharāgni** (digestive fire) causing pain and fainting

vide also **Sarvapsitaphalapradā**

Mohana

Infatuating, bewildering as expression of **Kāma**

Mohiṇī

A fascinating woman; a form of **Devī**

Mokṣa

Liberation, release from worldly transmigration

vide also **Puruṣārtha**

Mṛdaṃga (also Mṛdaṅga)

A two-sided drum

Mṛdu Tīvrasaṃvega

Low intensity of eagerness as one of the three **Tīvrasaṃvega**-s

Mṛtāsana

The corpse **Āsana**

Mṛti Yoga

The **Yoga** dealing with death

Mṛtyuñjaya

Lit. 'conqueror of death'

A name of **Śiva**

Mūḍha

Confused state as one of the five **Cittabhūmi**-s

In this state **Tamas Guṇa** predominates.

Muditā

The sentiment of joy

Muditā is also one of the **Citta Prasādana**-s as an attitude towards virtuous people.

vide also **Maitryādi**

Mudrā

Gesture of invocation

Mudrā-s represent the language in which the body speaks to the divinity, an expression of body consciousness. Through **Mudrā**-s, **Sthiratā** is obtained, their practice brings certain experiences in the mind. There is an exoteric and esoteric symbolism of **Mudrā**-s. For the purpose of **Mudrā** the five fingers correspond to the five **Bhūta**-s. Example of **Mudrā**-s are **Abhaya**, **Vara**, **Vyākhyāna**, **Jñāna**, **Prāṇa**, **Apāna**, **Liṅga**, **Varuṇa**, **Śūnya**, **Surabhi**.

Many other **Mudrā**-s are associated with **Mudrā Bandha** techniques.

vide also **Ātmārpaṇa**, **Pañca Makāra**

Mudrā Bandha

A joined **Yoga** technique of gesture and contraction practice

Ten **Mudrā**-s are enumerated in the **Haṭha Yoga Pradīpikā** namely **Mahā Mudrā**, **Mahā Bandha**, **Mahā Vedha**, **Khecarī**, **Uḍḍīyāna Bandha**, **Mūla Bandha**, **Jālandhara Bandha**, **Viparīta Karaṇī**, **Vajrolī**, **Śakticālana**. In the **Gheraṇḍa Saṃhitā** are enumerated twenty-five **Mudrā**-s, that are in fact **Mudrā Bandha**-s namely **Mahā Mudrā**, **Nabhomudrā**, **Uḍḍīyāna**, **Jālandhara**, **Mūla Bandha**, **Mahā Bandha**, **Mahā Vedha**, **Khecarī**, **Viparīta Karaṇī**, **Yoni**, **Vajrolī**, **Śakticālanī**, **Tāḍāgī**, **Māṇḍukī**, **Śāmbhavī**, **Pañcadhāraṇā**-s, (i.e. **Pṛthivī Dhāraṇā**, **Āmbhasī Dhāraṇā**, **Āgneyī Dhāraṇā**, **Vāyavī Dhāraṇā**, **Ākāśī Dhāraṇā**), **Aśvinī**, **Pāśinī**, **Kākī**, **Mātaṅginī**, and **Bhujaṅginī**.

Mudrāpīṭha

A symbol of creation as attribute of the **Devī** in the **Mudrā** form

vide also **Pīṭha**

Muhūrta

An astronomically determined time of auspicious beginnings

Mukta

A person of liberated soul

vide also **Jīvanmukta**

Muktāsana

The freedom **Āsana**

Muktatriveṇī

A name for **Mūlādhāra Cakra** as a place of lower intersection of the three main **Nāḍī**-s and giver of liberation (**Mukti**)

Mukti

Final liberation

vide also **Jīvanmukti**

Mūla

Root, origin

Mūla Bandha

Lit. 'root lock'

The root **Bandha** as one of the **Mudrā Bandha**-s

vide also **Bandhatraya**

Mūla Bīja

vide **Hrīṃ**

Mūlādhāra Cakra

*Lit. 'root's support **Cakra**'*

The **Cakra** located between the scrotum and the anus

This **Cakra** is associated with the **Jñānendriya** of **Ghrāṇa**, the **Karmendriya** of **Pāyu**, the **Tanmātra** of **Gandha**, is the centre for **Apāna Vāyu** and the seat of **Annamaya Kośa**, the level of awareness is **Bhūrloka**.

vide also **Muktatriveṇī**, **Ḍākinī**, **Dhūmraliṅga**

Mūla Mantra

vide **Hrīṃ**

Mūlaprakṛti

The primary cause of matter as transcendental basis of physical nature; the original root (out of which matter evolved) based in **Mūlādhāra Cakra** in the human body

vide also **Vāk**, **Śabda**

Mūla Śodhana

Yogic technique of purification of the rectum with water in order to allow **Apāna Vāya** to flow freely; one of the four **Dhauti**-s

Mūla Trikoṇa

Primary triangle of the **Śrī Yantra** as seat (**Āsana**) of **Devī**

It represents the threefold process of **Sṛṣṭi** (creation), **Sthiti** (preservation) and **Saṃhāra** (dissolution).

Mūla Trikoṇa Cakra

vide **Sarvasiddhiprada Cakra**

Mumukṣu

One aspiring to **Mokṣa**

Muni

Lit. 'one who knows'

A saint; one having spiritual knowledge

Muñja (also **Mauñja**)

The specie of grass Saccharum Sara

vide also **Mekhalā**

Mūrchā

Lit. 'causing fainting (i.e. loosing the mental consciousness)'

In **Haṭha Yoga** one of the eight major kinds of **Prāṇāyāma**

Mūrti

Image; symbol; figure; form of **Devatā**

Mūrvā

The specie of hemp Sanseviera Roxburghiana

(also **Maurva**, **Mūrvikā**)

vide also **Mekhalā**

N

Nābhi

Navel

Nābhipadma

vide **Maṇipūra Cakra**

Nabhomudrā

The navel **Mudrā** as one of the **Mudrā Bandha**-s

Nāciketāgni Vidyā

The knowledge of the fire of **Nāciketas**

A **Veda Vidyā** (one of the thirty-two **Vidyā**-s) which deals with the heavenly fire and its correspondence in the human body, the heart (**Hṛd**).

vide also **Dvātriṃśat Vidyā**, **Cidagni**

Nāciketa (also Nāciketas)

The young Brahmin in the **Kaṭha Upaniṣad** who received teachings from Lord **Yama**.

Nāda

Sound

It represents the first impulse towards creation, the dual aspect of **Śiva-Śakti** as sound or word. From **Nāda** emerged **Bīja.**

vide also **Bindu**

Nāda Dhāraṇa

Dhāraṇa on sound as a specific practice of concentration in order to obtain **Divya Śrotra**

vide also **Jyotiṣmatī**

Nāda Yoga

Yoga of the sound as yogic concept based on sound consciousness

Nāda Yoga

Kind of **Yoga** practice using gross or subtle sounds leading in a specific way to the state of **Samādhi**

Nāḍī

Lit. 'tube, pipe'

Channel of energy in the subtle body (**Sūkṣma Śarīra**)

Traditionally there are 72,000 **Nāḍī**-s in the human body as symbolized by **Vīṇā**'s strings of **Tripurasundarī**. The fourteen main **Nāḍī**-s in the human body are **Suṣumnā**, **Iḍā**, **Piṅgalā**, **Sarasvatī**, **Śaṅkhinī**, **Pūṣā**, **Gāndhārī**, **Payasvinī**, **Yośovatī**, **Hastijihvā**, **Vāruṇī**, **Viśvodarā**, **Kuhū**, **Alaṃbusā**. The most important **Nāḍī**-s are **Suṣumnā**, **Iḍā** and **Piṅgalā**, out of which **Suṣumnā** is central to the experience of spiritual awakening.

Nāga

Lit. 'snake, serpent'

A naked ascetic; the **Vāyu** producing the function of hiccup

vide also **Sarvārthasādhaka Cakra**, **Sarvaduḥkhavimociṇī**

Nāganāyaka

vide **Ananta**

Nakṣatra

Lit. 'star; constellation'

Any heavenly body; a lunar mansion

Traditionally there are twenty-seven constellations in number, each one related to a specific tree (**Nakṣatra Vṛkṣā**) or animal.

Nakṣatra Vṛkṣa

vide **Nakṣatra**

Nāma

Name

Namaḥ

Reverence, veneration as a **Mantra** of invocation of a **Devatā**

Nāmākarṣiṇī

The attractive power of **Nāma**

vide also **Sarvāśāparipuraka Cakra**

Nāmarūpa

Name and form

Mūlaprakṛti is the source of all the manifestations of **Nāmarūpa** world as products of **Vāk** or **Śabda**.

vide also **Nāmarūpa Vidyā**

Nāmarūpa Vidyā

A **Sūkṣma** (subtle) kind of worship as knowledge of name and form

For the purpose of **Devī**'s worship the **Lalitā Sahasranāma Stotra** is the most relevant.

vide also **Vāk**, **Śabda**, **Mūlaprakṛti**

Namaskāra

Salutation, homage

Nārada

A sage devotee of Lord **Kṛṣṇa**

vide **Brahmā**

Nārasiṃha (also Narasiṃha)

A man-lion as **Avatāra** of Lord **Viṣṇu**, a representation of transition between animal and human

Nārāyaṇa

Lit. 'the human path'

Devatā as beginning of humanity; the first human; a name of **Viṣṇu**

Nārī

Woman, wife

Nāśikāgra Dṛṣṭi

Seeing the tip of the nose as kind of **Dhāraṇā** yogic practice

Nāstika

Non-believer in **Veda**-s

All the literature not based on the **Veda**-s is considered to be of **Nāstika** kind

vide also **Āstika**

Natarāja

Lit. 'king of dance'

An aspect of **Śiva** as Lord of Dance

Śiva dances upon the demon **Apasmāra** who represents the ego which makes people forget their true nature.

vide also **Rudra**

Nātha

Lit. 'help, protection'

Lord; a name of **Śiva**

vide also **Navanātha**

Nātimānitā

Absence of pride as one of the twenty-six **Daivīsampat**-s

Nauli

One of the **Ṣaṭkarma**-s

Nava Cakra

Lit. 'nine wheels'

A name for the **Śrī Yantra**

In the **Śrī Yantra** the nine **Cakra**-s also represent **Sṛṣṭi** (Creation), **Sthiti** (Preservation) and **Saṃhāra** (Dissolution), each **Cakra** being a mathematical arrangement of three by two, therefore the **Trailokyamohana** represents the **Sṛṣṭi Sṛṣṭi** and the **Bindu** represents the **Saṃhāra Saṃhāra**.

Navagraha

The nine planets

The **Navagraha**-s are: **Sūrya**, **Candra**, **Kuja**, **Budha**, **Guru**, **Śukra**, **Śani**, **Rāhu** and **Ketu.**

vide also **Graha**

Navamī

The ninth day of the bright half of the moon in every month

vide also **Mahānavamī**

Navamuṇḍi

Lit. 'nine skulls'

A Tantric practice to overcome fear (**Bhaya**)

Navanātha

The nine Lords

They are all aspects of **Śiva** as three **Divyaugha**-s (Prakāśānanda, Vimarśānanda and Ānandānanda), three **Siddhaugha**-s (Śrī Jñānānanda, Śrī Satyānanda and Śrī Pūrṇānanda), three **Mānavaugha**-s (Svabhāva, **Pratibha** and Subhaga). The nine Lords helped **Śakti** to reveal the **Tantraśāstra** on earth in the **Satya Yuga** as teachers, therefore they are the nine Tantric teachers.

Navaratna

The nine precious gems

They are Padmarāga (ruby), Muktā (pearl), Pravāla (coral), Vaidurya (lapis lazuli), Puṣparāga (topaz), Vajra (diamond), Nīla (sapphire), Marakata (emerald), Gomeda (cow's fat stone).

Navarātra

A period of nine days

Navayonī Cakra

*Lit. 'the wheel of nine **Yoni**-s'*

vide **Śrī Yantra**

Nāyikā

A female partner in the Tantric ritual

Neṣṭṛ

In the **Veda**-s a helper priest assisting the **Adhvaryu** priest

Neti

Lit. 'not this'

One of the **Ṣaṭkarma**-s known also as **Laulikī**

Neti Neti is also a famous expression in the **Upaniṣad**-s signifying that the human being is not part of the ever changing nature (**Māyā**) seen now, nor part of this kind of creation (**Sṛṣṭi**).

Netra

Organ of sight, the eye

vide also **Jñānendriya**

Netratattva

The **Tattva** of **Netra**

Nidhi Siddhi

The power of determination

vide also **Siddhi**

Nidrā

Dreamless sleep as one of the five **Cittavṛtti**-s

vide also **Yoga Nidrā**

Nidrā Jñāna

The state of conscious sleeping

Nigama

Scripture

Nigama-s are considered to be the **Veda**-s or any work as auxiliary or explaining the **Veda**-s or a doctrine or instruction as words of gods or holy persons (**Muni**-s). In the **Tantra**-s **Nigama**-s are sacred works in which **Devī** is **Guru** and **Śiva** is **Śiṣya**.

Nigarbha Sahita Prāṇāyāma

vide **Sahita Kumbhaka**

Nigrahahoma

Homa with the purpose of restraining an enemy

vide **Ṣaṭkarma** for the magical rites in the **Tantra**-s.

Nīlakaṇṭha

Lit. 'one having blue throat'

A name of **Śiva** as the one who has taken poison in order to save the world

Nilapatakā

One of the **Nityā Śakti**-s also known as **Nīlapatākinī**

Nīlapatākinī

vide **Nīlapatakā**

Nirākāra

Without form, 'non-manifested' as a name for **Nirguṇa Brahman**

vide also **Ākāra**

Nirañjanā

Stainless; a name for **Samādhi**; a name for **Suṣumnā Nāḍī**

Nirbīja Samādhi

Samādhi without seed (**Bīja**) beyond **Pratyaya** and devoid of awareness

A stage of **Samādhi** in which the **Ātmadraṣṭa** is able to reach the **Aliṅga**, the stillness as state of non-differentiation of the three **Guṇa**-s. **Nirbīja Samādhi** is the union with the Divine and the final goal for liberation. Beyond that is a different reality subject to **Dharmamegha Samādhi**.

vide also **Sabīja Samādhi**

Nirguṇa

Without quality or attribute

As an aspect of **Brahman**, **Nirguṇa** is beyond any description.

vide also **Saguṇa**

Nirguṇa Brahman

The Universal Spirit without qualities

vide also **Brahman**, **Parabrahman**, **Avyakta**, **Īśvara**, **Nirākāra**

Nirguṇopāsana

The contemplation experience after the **Ṛtambharā Prajnā** state

vide also **Sabuṇopāsana**

Nirliptatā

Lit. 'out of being attached'

Detachment as a result of practicing **Samādhi** as the experience of the cosmic self (**Paramātmā**)

Nirmana Citta

The divine mind simultaneously experienced through **Saṃyama** on **Mahātattva** of artificially created minds of a **Yogī** in order to get consciousness of past **Karma**-s and enjoy their fruits

By the enjoyment of the fruits of past **Karma**-s the **Yogī** becomes free of various **Karmāśaya**-s. The created minds are under the control of **Yogī**'s natural mind that directs them in various planes of consciousness, so the whole experience is entirely conscious. The created minds are to be seen as expressing various kinds of personalities when the experience is downloaded to the **Yogī**'s natural mind that becomes gradually free of **Saṃskara**-s.

vide also **Nirmanakāya Citta**

Nirmanakāya Citta

The causal individual mind experience as source of particular **Vāsanā**-s, an expression of **Nirmana Citta** (divine mind)

Nirodha

Lit. 'restrain; cessation; dissolution'

Restriction to be observed on the **Yoga** path; a synonym for **Prāṇāyāma** or for **Kumbhaka**

As cessation **Nirodha** refers to **Cittavṛttinirodha** as definition of **Yoga**.

Nirodha Pariṇāma

Transformation of perception of the mind as one of the three **Pariṇāma**-s

vide also **Avasthā Pariṇāma**

Nirodha Yoga

The **Yoga** of cessation of any kind of **Cittavṛtti**-s

Niruddha

Restrained state as one of the five **Cittabhūmi**-s

The restrained state refers to the eleven **Indriya**-s therefore **Niruddha** state is a kind of **Pratyāhāra.**

Nirupakrama Karma

The dormant **Karma** that is not producing any fruits in the present

vide also **Aparāntajñāna**, **Saṅcita Karma**

Nirvāṇa

Emancipation; bliss; self-realization

Nirvicārā Samādhi

Lit. ' ***Samādhi*** *without* ***Vicāra****'*

State of **Samādhi** in which the consciousness is experienced as reflection of the form beyond the state of **Vicāra**

With the accomplishment of **Nirvicārā Samādhi** the **Draṣṭa** becomes **Ātmadraṣṭa** and is already

inside the experience of spiritual salvation. This state of **Samādhi** is also known as **Nirvicārā Asamprajñāta Samādhi**.

vide also **Ṛtambharā Prajnā**

Nirvikalpa Samādhi

Lit. ' ***Samādhi*** *without* ***Vikalpa****'*

State of **Samādhi** in which there is no separation between **Jñātā** (one who knows) and **Jñeya** (object of knowledge) as full expression of union with **Saguṇa Brahman**

This experience in **Yoga** is similar to the experience of consciousness at **Sahasrāra Cakra** level in **Tantra.**

Nirvitarkā Samādhi

Lit. ' ***Samādhi*** *without* ***Vitarka****'*

State of **Samādhi** in which the mind is devoid of awareness and the knowledge of the form comes from within and beyond the state of **Vitarka**

This state of **Samādhi** is also known as **Nirvitarka Asamprajñāta Samādhi**.

Niśācara

Lit. 'one who acts during the night'

A demon using the dark of night for wrong doings

Niṣkala

Without parts

The kind of form (Niṣkalarūpa) of **Brahman** that can only be attained through **Jñāna.**

Niṣkāma

Without desire

Niṣkāma Karma

Action without desire as an attitude of a **Yogī** who is free to accumulating **Saṃskāra**-s, i.e. there is no sense of doing of actions (**Karma**-s)

Niṣkāma Sādhaka

Kind of **Yoga** practitioner known also as **Sannyāsin** walking the path of liberation and being aware of all the four **Puruṣārtha**-s

Niṣpatti Avasthā

The final stage of the four **Yoga Avasthā**-s when the consciousness of the **Yogī** has reached the unity in **Sahasrāra Cakra**

Niṣṭhā

The quality of firmness in service

vide also **Bhūma Vidyā**

Nitya

Eternal, perpetual

Nityā

One of the **Nityā Śakti**-s

Nityāklinnā

One of the **Nityā Śakti**-s

Nityā Śakti

The eternal expressed by the moon

The sixteen **Nityā Śakti**-s are **Kāmeśvarī**, **Bhagamālinī**, **Nityāklinnā**, **Bheruṇḍā**, **Vahnivāsinī**, **Mahāvajreśvarī**, **Dūtī**, **Tvaritā**, **Kulasundarī**, **Nityā**, **Nilapatakā**, **Vijayā**, **Sarvamaṅgalā**, **Jvālāmālinī**, **Citrā**, **Ādyā**. They preside over the sixteen days/ nights between new-moon and full-moon. Each one has a specific **Yantra**, the full description is in the work known as **Tantrarāja Tantra**.

vide also **Candrakalā**

Nivṛtti

The dissolution (return) process as a mind experience

vide also **Pravṛtti**

Niyama

Lit. 'restraining'

One of the eight **Aṅga**-s of the **Aṣṭāṅga Yoga** of **Patañjali**

It contains five inner disciplines to be observed namely **Śauca**, **Santoṣa**, **Tapas**, **Svādhyāya**, **Īśvarapraṇidhāna**, all as expressions of a balanced state of mind.

Niyati

Not joined

Niyati Kañcuka

Form of **Śakti** limiting the perception of the unity of cause and effect as being one with the primordial **Śiva Śakti**; the **Kañcuka** separating cause and effect

vide also **Tattva**, **Niyatitattva**

Niyatitattva

The **Tattva** of **Niyati Kañcuka**

Nyāsa

Lit. 'placing, applying'

Awareness of a particular **Devatā** as assigned or installed in specific parts of the body; psycho-physical posture; renunciation

The six principal **Nyāsa** practices refer to **Gaṇeṣa**, **Graha**, **Nakṣatra**, **Yoginī**, **Rāśi** and **Pīṭha.**

vide also **Aṅga Nyāsa**

Nyāya

One of the **Ṣad Darśana**-s

O

Oḍḍīāna Pīṭha

vide **Uḍḍīyāna Pīṭha**

Ojas

Lit. 'vigour, bodily strength, energy'

Vitality

Oṃ

The most celebrated of all **Mantra**-s known also as **Praṇava** or **Oṃkāra**

As attributes it is circular in form, eternal, pervading all. Various actions such as recitation, reading rites, penance, sacrifices, **Yoga** techniques, **Kirtan**, in short every spiritual act should be preceded by **Oṃ**. In its detailed form **Oṃ** consists of five parts **A**, **U**, **M**, **Nāda** and **Bindu** corresponding to the five gods **Brahmā**, **Viṣṇu**, **Rudra**, **Īśvara** and **Sadāśiva**. There are different kinds of pronunciation of the sacred syllable namely **Kullukā**, **Setu**, **Mahāsetu**. For its use in the Vedic perspective, there are four **Svara**-s (tones) of **Praṇava**, i.e. **Udātta** (for **Brāhmaṇa**-s), **Anudātta** (for **Kṣatriya**-s), **Pracita** (for **Vaiśya**-s) and **Aukāra** (for **Śūdra**-s). The chanting of **Oṃ Mantra** is in fact the chanting of the name of God. In many books **Oṃ** is described as having three parts **A**, **U**, **M** for the threefold designation of **Brahman** as **Brahmā**, **Viṣṇu** and **Rudra**. There is a rich literature to describe **Praṇava AUM** as indicating three **Veda**-s, three **Vṛtti**-s, three **Loka**-s, three **Granthi**-s, etc.

vide also **Udgīta Vidyā**, **Udgīta**

Oṃkāra

vide **Oṃ**

Oṃ Namaḥ Śivāya

vide **Pañcākṣarī**

Oṣadhi (also **Auṣadhi**)

Lit. 'light receptacle'

Herb, any medicinal herb; creature

There are fifty relevant herbs, one for each of the fifty letters of Sanskrit alphabet (**Devanāgari**).

P

Pacaka

The **Jāṭharāgni** of digestion of food

vide also **Sarvaśaktipradā**

Pāda

Foot; chapter

vide also **Karmendriya**

Pāda Sevāna

One of the nine **Aṅga**-s of **Bhakti Yoga** as the devotional act of service to the feet of the Lord

Pādatattva

The **Tattva** of **Pāda**

Padma

Lotus

vide also **Cakra**

Padmāsana

The lotus **Āsana**

Padminī

The first of the four classes into which females are divided, the other three are said to be **Śaṅkhinī**, **Citriṇī** and **Hastinī**

Pādukā Siddhi

The power to impress somebody

vide also **Siddhi**

Pañcabhūta

vide **Bhūta**

Pañcadaśākṣarī

vide **Pañcadaśī**

Pañcadaśī

The fifteen-syllables **Mantra**, the **Devī** Herself in Her **Sūkṣma** form

It is to be learned from a qualified **Guru**. **Pañcadaśī** is known also as **Pañcadaśakṣarī**, **Śrī Vidyā Mantra**, **Vidyārāja**, **Gāyatrī** of the **Śākta**-s, etc. It contains three groups (**Kūṭa**-s) i.e. **Vāgbhavakūṭa**, **Madhyakūṭa** or **Kāmarājakūṭa** and **Śaktikūṭa**. The three **Kūṭa**-s are identified with the face, the trunk and the limbs of **Devī**. It has the body of three and a half as expressing the **Kuṇḍalinī Śakti**. The work **Lalitātriśatī** gives the **Mantra** indirectly in the three hundred names where there are twenty names beginning with each of the syllables.

Pañcadhāraṇā

The five **Dhāraṇā**-s namely **Pṛthivī**, **Āmbhasī**, **Āgneyī**, **Vāyavī** and **Ākāśī** as **Mudrā Bandha**-s (vide)

Pañcāgni

Lit. 'the five fires'

Passions associated with the five lower **Cakra**-s

The **Pañcāgni**-s are **Lobha**, **Kāma**, **Krodha** (or **Dveṣa**), **Moha** (**Saṅga** or **Rāga**) and **Mada** (or **Smaya**). The **Abhivyaktikāraṇa** of **Pañcāgni**-s are the **Saṃskāra**-s.

Pañcāgni Vidyā

The knowledge of the five fires

A **Vidyā Vidya** (one of the thirty-two **Vidyā**-s) is fully described in the **Śatapatha Brāhmaṇa** as the knowledge told to **Nāciketas** by **Yama.**

vide also **Dvātriṃśat Vidyā**, **Tejas**, **Pañcāgni**

Pañcakoṣa

The five bodily sheaths (**Kośa**-s)

Pañcakṣarī

The five-syllables **Mantra** i.e. **Oṃ Namaḥ Śivāya**

Pañca Makāra

The five M's

A form of **Upāsana** the **Pañca Makāra**-s are **Madya** (wine), **Māṃsa** (meat), **Matsya** (fish), **Mudrā** (parched cereals) and **Maithuna** (sexual union). The five M's are symbols of different stages in the **Prāṇāyāma** i.e. **Prāṇāyāma**, **Pratyāhāra**, **Dhāraṇā**, **Dhyāna** and **Samādhi**, behind their ordinary meanings is the transcendence of human addictions.

Pañcamuṇḍi

The Tantric practice of the five skulls

Pañca Sahita Prāṇāyāma

The five united **Prāṇāyāma**-s

Advanced **Prāṇāyāma** techniques for body regeneration.

Pañcatattva

The five lower **Tattva**-s namely **Pṛthivī**, **Ap**, **Tejas**, **Vāyu** and **Ākāśa**

Pañcatattva Dhāraṇā

Meditation on the **Pañcatattva**-s

Paṇḍit

Scholar; pandit

Pāṇḍitya

Proficiency in learning and wisdom; erudition

It is of four kinds viz. **Vāditva**, **Kavitva**, **Vāgmitva** and **Vyākhyātṛtva.**

Pāṇi

Hand (from the root **Pā** i.e. to drink)

vide also **Karmendriya**

Pāṇini

The great grammarian of the 7th century BCE

Pāṇitattva

The **Tattva** of **Pāṇi**

Pāpa

Vice, sin

Parā (also Para)

Lit. 'supreme'

The supreme state; the transcendental state of **Śabda**

The supreme state is experiencing the union with the supreme consciousness.

Parābindu

The supreme **Bindu** as the original **Bindu**

Represented by a triangle **Parābindu** is differentiated into **Śvetabindu**, **Raktabindu** and **Miśrabindu** called together **Kāmakalā.** Figuratively is described as **Mahātripurasundarī** residing at the centre of the **Śri Yantra**.

vide also **Sarvānandamaya Cakra**

Parabrahman

Supreme **Brahman**, unconditioned Absolute

As manifested principle **Parabrahman** has many names such as **Tat**, **Asat**, **Avyakta**, **Nirguṇa Brahman** etc. **Parabrahman** as Supreme Absolute is the upper reality generating two kinds of monotheism in the Hindu tradition; one is centred upon a supreme God (**Paramaśiva**) and another upon a supreme Goddess (**Devī**, **Lalitā**, **Mahāśakti** or **Paramaśakti**).

vide also **Paraṃjyotiṣ**

Paradhyāna

The supreme form of meditation

Parāhaṃtā

The supreme Ego i.e. the supreme consciousness

Param (also Parama)

Supreme

Paramahaṃsa

Lit. 'supreme swan'

One of the advanced stages of spiritual life of a **Sannyāsin**

vide also **Saṃnyāsa**, **Haṃsa**

Paramākāśa

The second of the **Vyoma Pañcaka**-s described as the supreme space

Paramāṇu

The ultimate atom (**Aṇu**)

Paramapuruṣa Vidyā

The knowledge of the supreme **Puruṣa**

A **Veda Vidyā** one of the thirty-two **Vidyā**-s in which **Nāciketas** is instructed by **Yama** in knowing various stages (**Indriya**-s, **Manas**, **Buddhi**, **Avyakta**) leading to the knowledge of the supreme **Puruṣa**.

vide also **Dvātriṃśat Vidyā**

Paramaśakti

The Supreme **Śakti**

vide also **Parabrahman**

Paramaśiva

The Supreme **Śiva**

vide also **Parabrahman**

Paramaśiva Paramaśakti

The Supreme **Śiva Śakti**

It is the Supreme consciousness as **Nirguṇa**, in which **Śiva** is the static aspect and **Śakti** the active aspect of the same Supreme Consciousness (**Cit**). The static and active aspects have to be seen only as potentialities without any characteristics i.e. **Paramaśiva** is the potentiality of consciousness and **Paramaśakti** the potentiality of manifestation.

Paramātmā

vide **Paramātman**

Paramātman (also **Paramātmā**)

The Supreme Soul as compared to **Jīvātman**, the individual Soul

Paramātman and **Jīvātman** are two manifestations (one external and one internal as refers to the human being) of the same Reality (**Sat**).

Paraṃjyotiṣ

Supreme Light

The light beyond the five gates (vide **Devasuṣi**), the light of **Jīvātman. Paraṃjyotiṣ** is also **Parabrahman**.

Parānāda

The supreme sound

Parāpūjā

Lit. 'supreme worship'

A ritual form of transcendental worship

vide also **Pūjā**

Paraśurāma

An **Avatāra** of **Viṣṇu**, a representation of the emergency of the brave man sometimes called **Jāmadagnya** or **Bhārgava** (as descending from **Bhṛgu**)

Paraśurāma Sutra

An authoritative scripture of **Kaula** doctrine of **Tantra**

Paravairagya

Highest **Vairagya** in which various roots of bondage are eliminated through a direct cognition of **Puruṣa**

Parātparā

Supreme of the Supreme

Pārāyaṇa

Daily reading of a sacred text

Paricaya Avasthā

A **Yoga Avasthā** of a **Yogī** after overcoming the **Rudragranthi**

Pariṇāma

Transformation as a result of performing **Saṃyama**; principle of evolution; change in general

As a result of **Saṃyama** the **Pariṇāma**-s are of three kinds viz. **Samādhi Pariṇāma**, **Ekāgratā Pariṇāma** and **Nirodha Pariṇāma**. Each one is accompanied by three stages of transformations of properties of the mind viz. **Dharma Pariṇāma**, **Lakṣaṇa Pariṇāma** and **Avasthā Pariṇāma**. **Pariṇāma** is also the change accompanying every action (**Karma**). As principle of evolution there are five stages of **Pariṇāma** namely: from non-manifest to manifest, from mineral to vegetable, from vegetable to animal, from animal to human, from human to superhuman.

vide also **Prakṛti**

Pariśrama

Physical labour as technique for body purification

vide also **Karma Yoga**

Pariśuddhi

Purification of memory

vide also **Śuddhi**

Pārvatī

Lit. 'stream of a mountain'

A name of **Śakti**

Śiva's spouse as daughter of **Himavat** the mountain King of **Kailāsa**. She is often depicted with folded hands (vide **Svastika**) and her face full of devotion for her Lord **Śiva**.

vide also **Devī**

Paryaṅka

The couch on which **Brahmā** sits in the **Brahmaloka**. Every part of the couch represents a specific manifestation related to **Brahmā.**

Paryaṅka Vidyā

The knowledge of the couch

A **Veda Vidyā** one of the thirty-two **Vidyā**-s in which the devotee is led in successive stages to reach the **Paryaṅka**. The obstacles in the **Brahmaloka** start with **Āra** and **Ṇya** lakes, then **Iṣṭihan** place and time, **Virajā** river, **Ilya** tree (an **Aśvattha** tree named **Somasavana**), **Sālajja** city, **Aparājita** palace, **Indra** and **Prajāpati** as doorkeepers, **Vibhu** hall, **Vicakṣaṇa** throne and finally **Paryaṅka** couch.

vide also **Dvātriṃśat Vidyā**

Pāśa

Lit. 'knot; bondage; noose'

The noose as representation of **Rāga**

vide also **Pāśāṅkuśa**

Pāśāṅkuśa

Noose and goad

Corresponds to the attraction and repulsion, passion and anger, love and hate, denoting **Rāga** and **Dveṣa.** The **Pāśāṅkuśa Bīja Mantra** is **Oṃ Hrīṃ Kroṃ**.

vide also **Āyudha Devatā**, **Pāśa**, **Aṅkuśa**

Paścimottānāsana

The back-stretcher **Āsana**

Pāśinī Mudrā

The noose (**Pāśa**) **Mudrā** as one of the **Mudrā Bandha**-s

Paśu

Lit. 'cattle; animal; an ignorant person'

Conditioned individual; a kind of **Sādhaka** in the **Tantra**-s in whom the **Tamas Guṇa** is predominant

Paśu Bhāva

One of the **Bhāva**-s as a state of human personality based on instinct, therefore of **Tamas** nature

vide also **Sādhaka**

Paśunātha

Lit. 'lord of cattle'

A name of **Śiva**

Paśupati

Lit. 'lord of animals; lord of the souls covered by ignorance'

A name of **Śiva**

Paśyācāra

The first kind of initiation in the **Tantra Sādhana** (vide) when a **Mantra** is given by a **Guru**

Paśyanti

The mental stage of **Śabda**

Pātālaloka

vide **Loka**

Patañjali

The author of the **Yoga** treatise **Yoga Sūtra**

He lived probably around year 200 BCE.

Pauṣa

The month corresponding to parts of Dec./ Jan.

vide also **Māsa**

Pavamāna

In the **Veda**-s the self-purifier i.e. the mind

Payasvinī Nāḍī

The **Nāḍī** connected to the right ankle

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvajṛmbhiṇī**

Pāyu

Anus

vide also **Karmendriya**

Pāyutattva

The **Tattva** of **Pāyu**

Phala

Effect of an experience having the source a cause (**Hetu**)

vide also **Vāsanā**

Phalaśruti

The panegyric of accruing benefits of a text in the **Stotra** literature

Phālguna

The month corresponding to parts of Feb./ Mar.

vide also **Māsa**

Piṇḍa

Body; a monosyllable **Mantra** (vide)

vide also **Deha**, **Śarīra**, **Kāya**

Piṇḍāṇḍa

Lit. 'the body-egg'

The human body as Microcosm, a reproduction of **Brahmāṇḍa**

Known also as **Kṣudra Brahmāṇḍa**, the **Aṇḍa** (egg) is seen as the potentiality of reproducing its own original source, the **Brahmāṇḍa**. **Piṇḍāṇḍa** is the link between the earth and the cosmic planes, a unity of psycho-cosmic experiences. For the purpose of meditation **Piṇḍāṇḍa** is divided into five parts extending from soles to the top of the head, **Pṛthivī** (from soles to knees), **Ap** (from knees to hips), **Tejas** (from nose to the navel), **Vāyu** (from navel to nose), **Ākāśa** (from nose to the top of the head). Therefore **Piṇḍāṇḍa** made up of **Bhūta**-s is the representation of the cosmic man.

vide also **Aṇḍapiṇḍa**

Piṅgalā Nāḍī

Known also as **Sūrya Nāḍī** it is one of the major **Nāḍī**-s (in the human body) running up the right side of **Suṣumnā**, the central channel

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvamantramayī**, **Sūrya**, **Aśvini**

Pīṭha

Place of pilgrimage; shrine, temple; a symbol of creation as attribute of the **Devī** (Goddess); a Tantric sacred place where the fifty parts of **Satī**-s body fell, so becoming pilgrimage centres

Known also as **Pīṭhasthāna**-s, the **Pīṭha**-s can be of **Sthūla** (gross), **Sūkṣma** (subtle) and **Kāraṇa** (causal) forms and experienced as **Vidyāpīṭha**-s, **Maṇḍalapīṭha**-s, **Yonīpīṭha**-s, **Stanapīṭha**-s, **Devīpīṭha**-s, **Siddhapīṭha**-s, etc. They may or may not have holy shrines like **Pīṭhatīrtha**-s or **Pīṭhakṣetra**-s do. The **Pīṭha**-s is where **Devī** resides in a form or as different parts of the body of **Satī**.

Pīṭhakṣetra

Location of a **Pīṭha** in a **Kṣetra** place; holy shrine

Pīṭhasthāna

vide **Pīṭha**

Pīṭhatīrtha

Location of a **Pīṭha** in a **Tīrtha** place; holy shrine

Pitṛ

Ancestor

vide also **Dhenu**, **Ānandamaya Vidyā**

Pitta

One of the three **Doṣa**-s

In **Āyurveda** system of medicine a deficiency of bile as a cause to diseases.

Plāvaka

The **Jāṭharāgni** of flooding of gastric juice

vide also **Sarvavyādhivināśinī**

Plāvinī

Lit. 'causing floating'

In **Haṭha Yoga** one of the eight major kinds of **Prāṇāyāma**-s

Potṛ

In the **Veda**-s a helper priest assisting the **Brāhmaṇa** priest

Pracetas

Lit. 'clever, wise'

vide **Dakṣa**, **Brahmā**

Pradakṣiṇa

The act of turning towards persons or objects so as to place them on one's right side of the body as form of worship

vide also **Ātmārpaṇa**

Pradhāna

The universal Soul as primary germ of the material universe

In **Sāmkhya** philosophy **Pradhāna** is similar to **Prakṛti**.

Pradyumna

Lit. 'he who conquers everything'

One of the names of **Kāmadeva** as one who overcomes any obstacle for the sake of love

Prajāpati

Lit. 'lord of creatures'

A god having a dominant position in the **Veda**-s, sometimes identified with **Agni**, **Soma**, **Savitṛ** or **Indra** and the first ten created beings of **Brahmā** (vide)

vide also **Paryaṅka Vidyā**, **Ānandamaya Vidyā**

Prajñā

Lit. 'to know, understand'

Wisdom, knowledge, consciousness personified as goddess **Sarasvatī**

vide also **Jñāna**

Prājna

The Soul in the **Kāraṇa Śarīra**

vide also **Jīvātman**

Prajñājyoti

A **Yogī** who can experience the light (**Jyoti**) of consciousness (**Prajñā**)

Prajñānam Brahmā

'The ultimate truth is consciousness' a celebrated statement in the **Upaniṣad**-s

vide also **Mahāvakya**

Prākāmya

Lit. 'freedom of will'

One of the eight yogic powers of possessing irresistible determination

vide also **Siddhi**, **Aṣṭasiddhi**

Prakāśa

Lit. 'shinning, bright; manifest; light'

A name for the pure Self

Prakāśa Āvaraṇa

Covering of the light, as a veil to knowledge of the Self

Prakṛti

Lit. 'primary substance; nature; original form, primordial matrix'

A name of **Śakti** as personified energy in the creation; the Primordial Female Principle in **Yoga**

Triggered by **Pariṇāma**, the primary substance takes various successive forms marked by **Guṇa**-s.

vide also **Triguṇātmikā**, **Māyā**, **Śakti**, **Tattva**, **Aṣṭasiddhi**

Prakṛti Tattva

The **Tattva** of **Prakṛti** consisting of the three **Guṇa**-s giving birth to all manifestations of nature (**Prakṛti**)

Prakṛtyāpūrāt

The overflow of **Parkṛti** (nature) caused by the removal of **Avidyā**

After this experience the development of the super-consciousness occurred.

vide also **Jātyantara Pariṇāma**

Pralaya

Dissolution of the physical universe as opposed to **Sṛṣṭi** (creation)

vide also **Mahāpralaya**, **Brahmāṇḍa**

Pramāda

The state of carelessness as one of the nine **Citta Vikṣepa**-s

Pramāṇa

Correct knowledge as a form of **Vidyā** and one of the five **Cittavṛtti**-s

Pramāṇa is of three kinds namely **Pratyakṣa**, **Anumāna** and **Āgama**.

vide also **Viparyaya**

Prāṇa

Lit. 'breath of life; spirit; vitality'

The **Vāyu** which draws the life-force into the body

vide also **Sarvārthasādhaka Cakra**, **Sarvasiddhipradā**, **Devasuṣi**

Prāṇāgnihotra Vidyā

The knowledge of sacrificing **Prāṇa** to **Agni**

A **Veda Vidyā** (one of the thirty-two **Vidyā**-s) containing also two other **Vidyā**-s namely **Prāṇa** and **Pratardana**. This **Vidyā** deals with the sacrifice of the speech (**Vāc**) to the breath and of the breath as the five **Prāṇa**-s to the internal fire by breathing or taking food as acts of oblation. This sacrifice leads to **Pratardana** the act of piercing of the **Granthi**-s by **Kuṇḍaliṇī Śakti**.

vide also **Dvātriṃśat Vidyā**

Praṇāma

Lit. 'bowing'

The act of prostration or obeisance

vide also **Ātmārpaṇa**

Prāṇamaya Kośa

The body of energy as sphere of consciousness

This **Kośa** is the expression and experience of the energy field and has the seat in the **Svadhiṣṭhāna** and **Maṇipūra Cakra**-s

Prāṇa Mudrā

The gesture of acquiring **Prāṇa** energy

Prāṇa Śakti

The awareness of space (**Ākāśa**) as one of the **Śakti**-s flowing through **Piṅgalā Nāḍī** enabling the **Karmendriya**-s to function

It is the pranic kind of energy (vide **Śakti**).

vide also **Śiva Śakti**

Praṇava

vide **Oṃ**

vide also **Tāraka**

Prāṇa Vidyā

The knowledge of **Prāṇa**

A **Veda Vidyā**, which together with **Pratardana Vidyā** is contained within the **Prāṇāgnihotra Vidyā.**

vide also **Dvātriṃśat Vidyā**

Prāṇāyāma

Lit. 'lengthening of the breath'

The process of expansion and regulation of the flow of energy within **Prāṇamaya Kośa** of the human body; in **Yoga** one of the eight **Aṅga**-s of the **Aṣṭāṅga Yoga** of **Patañjali**

Through **Prāṇāyāma**, **Laghimā** is obtained and **Prakāśa Āvaraṇa** will gradually disappear. It has three states viz. **Pūraka**, **Kumbhaka** and **Recaka**, it is regulated by **Deśa** (place as climate), **Kāla** (time as duration of the three states) and **Sāṅkhya** (number of rounds). There is one more state (beyond the **Indriya**-s experiences) named **Caturtha Prāṇāyāma**, a continuous awareness of the breath, i.e. **Ajapajapa** practice. As a form of rite **Prāṇāyāma** is identified with **Agnihotra**.

In **Haṭha Yoga Pradīpikā** eight major kinds of **Prāṇāyāma** are enumerated viz. **Sūrya Bheda**, **Ujjāyī**, **Śītkārī**, **Śītalī**, **Bhastrikā**, **Bhrāmarī**, **Mūrchā** and **Plāvinī**. There are many other **Prāṇāyāma**-s both from Tantric and Vedic traditions. The **Gheraṇḍa Saṃhitā** enumerates also eight major kinds of **Prāṇāyāma** viz. **Sahita**, **Sūrya Bheda**, **Ujjāyī**, **Śītalī**, **Bhastrikā**, **Bhrāmarī**, **Mūrchā** and **Kevalī**.

vide also **Nirodha**

Prāṇī

The breathing creature

Praṇidhāna

Lit. 'put completely'

Surrender to God as a sure way to Self-realization

Prāpti

Lit. 'reaching; obtaining'

One of the yogic powers of obtaining anything at will

vide also **Siddhi**, **Aṣṭasiddhi**

Prārabdha

Lit. 'undertaking, beginning'

Commencement of an action

Prārabdha Karma

Past action producing result in the present, a synonym to **Sopakrama Karma**

Prasāda

Grace; the offering of food as sign of grace

Prasaṃkhyāna

Kind of **Dhyāna** (meditation, reflection) in which the practitioner will accept goods only for the present needs

Prasava

Lit. 'impulse forward'

Evolution as state of **Prakṛti** when the elements of nature produce more effects

vide also **Pratiprasava**, **Vyakta**

Prastāva

The chanting of prelude sung by the **Prastrotṛ** priest

Prastotṛ

In the **Veda**-s a helper priest assisting the **Udgātṛ** priest by chanting the **Prastāva**

Pratardana Vidyā

The knowledge of the piercing

A **Veda Vidyā** which together with **Prāṇa Vidyā** is contained within the **Prāṇāgnihotra Vidyā**.

vide also **Dvātriṃśat Vidyā**

Prathamakalpika

A **Yogī** as beginner in experiencing **Samādhi**

Prātibha

Lit. 'to shine upon'

The reflective Self; a specific power acquired naturally (without **Saṃyama**) by somebody having the knowledge of the Self

In the state of **Prātibha** the supernatural senses of **Śrāvaṇa**, **Vedana**, **Ādarśa**, **Āsvāda** and **Vārta** arise naturally as **Siddhi**-s.

Prātibha Jñāna

Lit. 'knowledge flashing upon the thoughts'

Intuition

Pratihartṛ

Lit. 'the one bringing back'

In the **Veda**-s a helper priest assisting the **Udgātṛ** priest

Pratimā (Devatāpratimā)

Icon of a deity, quasi similar to **Murti** in two-dimensional form

Pratipad

The new-moon time

Pratipakṣa Bhāvana

The practice of thinking of the opposite quality in order to transform the negative habits into positive ones

Pratiprasava

Involution as state of **Prakṛti** when the elements of nature return to their original cause

vide also **Prasava**, **Vyakta**, **Yoga**

Pratiprasthātṛ

In the **Veda**-s a helper priest assisting the **Adhvaryu** priest

Pratyabhijñā

The consciousness recognizing the identity of the individual Soul and the Supreme Soul as state of illumined knowledge

vide also **Savicārā Samādhi**

Pratyāhāra

Awareness as an externalised (first) then internalised state, the gradual withdrawal of the mind from the objects experience

In **Yoga** one of the eight **Aṅga**-s of the **Aṣṭāṅga Yoga** of **Patañjali**, the first step in understanding the pure mind. Through **Pratyāhāra**, **Dhairyatā** is obtained. This transitional (between the outer and inner experiences) step in **Yoga** employs various practices like **Japa**, **Kīrtana**, **Trāṭaka**, **Nāda Yoga**, **Tantra Sādhana**.

vide also **Indriya**

Pratyakṣa

Correct knowledge based on non-defective senses as one of the three **Pramāṇa**-s

Pratyakṣatva

Conscious and continuous perception as a result of practicing **Dhyāna**

Pratyaya

In **Yoga** the basis (as content of mind) on which the consciousness functions

Pratyaya is subject to the three **Guṇa**-s

Pravṛtti

The creative process as mind faculty

vide also **Nivṛtti**, **Jyotiṣmatī Pravṛtti**

Prayāga

Lit. 'place of sacrifice'

A place of pilgrimage near **Allāhābād** (India) where is the confluence of three rivers namely **Gaṅgā**, **Yamunā** and **Sarasvatī**

The confluence is also known as **Triveṇī**, symbolically corresponding to **Ājñā Cakra**

vide also **Lalitā**, **Śyāma**

Prayoga

Recitation of a sacred formula

Prīti

Lit. 'joy'

One of the two wives of **Kāmadeva**

Priya

Dear, beloved

Pṛthivī (also **Pṛthvī**)

Earth

The **Aṃśa**-s of **Pṛthivī** in the **Piṇḍāṇḍa** are the five **Karmendriya**-s

vide also **Bhūta**

Pṛthivī Dhāraṇā

The **Dhāraṇā** on earth as one of the **Pañcadhāraṇā**-s

Pṛthivītattva

The **Tattva** of **Pṛthivī** known also as **Bhūmitattva**

Puhapakāsana

vide **Tantrāsana**

Pūjā

Recitation; ritual; chanting or reading of a sacred text as a ritual practice of worship

Known also as **Arcanā**, **Pūjā** is part of the nine **Aṅga**-s of **Bhakti Yoga**. The ritual practice is of three kinds viz. **Bāhyapūjā**, **Mānasapūjā** and **Parāpūjā**, and is both internal and external. The fundamental concept of ritual is its cosmic meaning; any **Pūjā** is an involvement of the cosmic energies.

Pūjarī

Performer of recitation of a sacred text (vide **Pūjā**)

Pūjyā

Worthy of devoted worship

Pulaha

Name of a **Ṛṣi**

vide also **Saptaṛṣi**, **Brahmā**

Pulastya

Name of a **Ṛṣi**

vide also **Saptaṛṣi**, **Brahmā**

Punarjanma

Rebirth as a result of Soul transmigration

Puṇya

Virtue, merit; holy

vide also **Dharma**

Pura

Lit. 'in advance, forward; a stronghold, fortress'

The human body; the living principle, life

Pūraka

Controlled inspiration of breath as one of the three states of **Prāṇāyāma**

Purāṇa

Lit. 'ancient'

A class of Sanskrit scripture of stories about gods as manifestations of one reality

Purāṇa-s are written in a popular manner and considered to be part of sacred books of Hinduism.

Puraścaraṇa

Repetition of **Mantra**-s under certain conditions for a specific number of times

Pūrṇa

Lit. 'full, complete'

One of the stages of **Sannyāsa** lifestyle when the **Sannyāsin** is firmly established in the life of an **Āśrama**

Pūrṇa Sannyāsa is also the first stage of Tantric initiation.

Pūrnabhiṣeka

Full initiation as a special ceremony in the **Śākta** tradition

Pūrṇagiri Pīṭha

vide **Sarvasiddhiprada Cakra**

vide also **Pīṭha**, **Catuṣpīṭha**

In the **Sūkṣma Śarīra** (the subtle body) it is equated with **Anāhata Cakra.**

Pūrnāhuti

Complete offering (oblation) when the ladle is emptied

Pūrṇamās ī

The full-moon time

Pūrṇimā

The day of full-moon

Pūrṇimārārti

The night of full-moon

Puruṣa

Lit. 'sleeping town; male'

A particular manifestation of consciousness as a transformation of **Śiva** into a passive witness of **Prakṛti**; the Primordial Male Principle in **Yoga**; a conscious being as a small scale replica of the Creator

In the **Veda Vidyā**-s, **Puruṣa** as an external expression is the Sun, as internal expression is the right eye or **Indra**. In **Yoga** philosophy **Puruṣa** is an awareness in course of evolution experienced beyond the **Cittavṛtti**-s and the **Guṇa**-s eventually, so leading to Self-realization. There are infinite stages of mental consciousness therefore infinite **Puruṣa**-s (vide **Vaiśvānara Puruṣa**, **Tejomāyā Puruṣa**, **Viśva Puruṣa**) all as hidden cause of manifestations.

vide also **Śiva**, **Brahman**, **Uṣas**, **Indra**

Puruṣa Prakṛti

The dual transformation of **Śiva Śakti** principle

The interplay between **Puruṣa** and **Prakṛti** is the cause of all manifested world. A fundamental concept in experiencing **Puruṣa** is that it starts with the instrumentality of **Prakṛti.**

vide also **Bindu**, **Vṛṣabha Dhenu**

Puruṣārtha

*Lit. 'aim of **Puruṣa**'*

Object of human desire

There are four **Puruṣārtha**-s viz. **Kāma**, **Artha**, **Dharma** and **Mokṣa**

Puruṣatattva

The **Tattva** of **Puruṣa**

Puruṣa Vidyā

The knowledge of **Puruṣa**

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s. In this **Vidyā**, the human being is seen as the Sacrificer and **Puruṣa** the **Yājña.**

vide also **Dvātriṃśat Vidyā**

Puruṣaviśeṣa

A state of consciousness, which manifests in every human being as experience of the Divine

Pūrvacīti

Lit. 'first thought'

In the **Veda**-s the original basis of consciousness as **Brahman**

Pūrvapīti

Lit. 'first drinking'

In the **Veda**-s the original absorption into **Brahman**

Pūṣan

A god in the **Veda**-s representing prosperity; one of the twelve **Āditya**-s

Pūṣā Nāḍī

The **Nāḍī** connected to the left thigh

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvarañjaṇī**

Puṣpa

Flower; menstrual flow

Puṣpiṇī

A woman in her period

R

Rādhā

Kṛṣṇa's beloved

The love between **Kṛṣṇa** and **Rādhā** symbolizes the human-God relationship, which becomes complete only when the human surrenders completely to God.

Rāga

(from the root **Rañj** i.e. to be attracted by)

Lit. 'red colour; passion'

Infatuation; love; passion; attachment as one of the five **Kleśa**-s known also as **Moha**

vide also **Pāśa**, **Pāśāṅkuśa**, **Vairāgya**

Rāga Kañcuka

Form of **Śakti** limiting the perception of the real nature of love as being one with the primordial unity of **Śiva Śakti**

vide also **Tattva**, **Rāgatattva**

Rāgatattva

The **Tattva** of **Rāga Kañcuka**

Rahasya

Lit. 'secret'

The secret doctrine of esoteric teaching

Rahasya Nāma Sahasra

The thousand secret names

Rāhu

The ascending node in the astronomy/ astrology one of the **Navagraha**-s

Raja

The pollen of flowers; the menstrual excretion'

Rajas

Lit. 'emotion, affection'

The quality of passion, activity and motion; the woman's menstrual discharge

One of the three **Guṇa**-s sometimes identified with **Tejas**.

vide also **Sarvarogahara Cakra**, **Jayinī**

Rajas Tapas

The purification of **Rajas Guṇa**

vide also **Tapas**

Rāja Yoga

The royal **Yoga**

Rāja Yoga Samādhi

The **Samādhi** as a result of **Rāja Yoga** practice

Rākiṇī

The **Śakti** residing in **Svādhiṣṭhāna Cakra**

Rākṣasa

A kind of demon

The abode of **Rākṣasa**-s was **Śrī Laṅka** (former Ceylon), the domain of the great **Rākṣasa** known as **Rāvaṇa**.

Rakta

Blood

vide also **Dhātu**

Raktabindu

Lit. 'red spot'

The point of activity of thought

vide **Bindu**

One of the three **Parābindu**-s, it represents the **Śakti Māyā** as well as the **Kriyā Śakti** as manifestation.

Raktāmbara

Lit. 'red clothed'

A mendicant wearing red garment

vide also **Digambara**

Raṃ

vide **Agni Bīja**

Rāma (from the root **Ram** i.e. to rejoice)

Lit. 'charming, lovely'

An incarnation of **Viṣṇu** as symbol of joy within

It is considered that **Rāma** appeared on earth approx. 9000 years ago.

Rāmāyaṇa

The great epic of **Vālmīki** relating the story of **Rāma** and **Sītā** as ideal husband and wife and their devotion for each other

vide also **Rāvaṇa**

Rāmi

The washer-maid lover of **Caṇḍidās**

Rasa

Lit. 'taste, flavour; character of a work; kind of sentiment; essential taste'

Essential taste; devotional sentiment

As essential tastes there are six **Rasa**-s, viz. **Madhura** (sweet), **Amla** (sour), **Lavaṇa,** (salt)

Kaṭuka (pungent), **Tikta** (bitter) and **Kaṣāya** (astringent). As sentiments and characters of a work there are ten **Rasa**-s, viz. **Śṛngāra** (love), **Vīra** (heroism), **Bībhatsa** (disgust), **Raudra** (fury), **Hāsya** (humour), **Bhayānaka** (terror), **Karuṇā** (compassion), **Adbhuta** (wonder), **Śānta** (peacefulness) and **Vātsalya** (affection). As devotional sentiments and degrees of **Bhakti** there are five **Rasa**-s or **Bhāva**-s, called also **Rati**-s namely **Śānta** (peace), **Dāsya** (service), **Sākhya** (friendship), **Vātsalya** (affection) and **Mādhurya** (loveliness). When these five sentiments are directed towards the Self, they take the forms of **Ātma Rati.**

vide also **Tanmātra**

Rasākarṣiṇī

The attractive power of **Rasa**

vide **Sarvāśāparipuraka Cakra**

Rasāmṛta Curan

Product of Ayurvedic **Tantra** based on sulphide of mercury

The receipt is given in **Siddhayoga** of **Vṛnda.**

Rasānanda Yoga

Kind of **Yoga** by practicing with **Bhrāmarī Prāṇāyāma**

Rasānanda Yoga Samādhi

The **Samādhi** as a result of **Rasānanda Yoga** practice

Rasātalaloka

vide **Loka**

Rasatattva

The **Tattva** of **Rasa**

Rasāyaṇa

The Indian alchemy

Rati

Lit. 'sentiment; devotion; pleasure'

One of the two wives of **Kāmadeva**

Rati is the goddess expressing various degrees of **Bhakti** (vide **Rasa**). To direct these sentiments towards the Self is called **Ātma Rati.**

Rati Āsana

vide **Tantrāsana**

Ratna

Jewel, gem

Rātri

Night

vide also **Dakṣiṇāyana**, **Śivarātri**

Raudra

Fury as one of the **Rasa**-s

Rāvaṇa

The great **Rākṣasa**

He was initially a great **Bhakta** of Lord **Śiva**, then became a demon in **Rāmāyaṇa** epic, later on attaining Self-realization.

Ravi

The Sun God

vide also **Agni**, **Sūrya**

Recaka

Lit. 'emptying'

Controlled expiration of breath as one of the three states of **Prāṇāyāma**; the name for **Jāṭharāgni** (digestive fire) of elimination

vide also **Sarvajñā**

Rekhā (also **Rekha**)

Line, stripe; delineation

vide also **Anaṅgarekhā**

Ṛg Veda

*Lit. 'the **Veda** of praise'*

The most ancient sacred book consisting of 1028 hymns arranged in ten **Maṇḍala**-s

Based on the calendars used in the **Veda**-s and star positions, the **Ṛg Veda** is thought to date to 4000 or 6000 BC when **Sarasvatī** river (now dried) was the greatest river of ancient India.

vide also **Veda**

Rocanā (also **Rocana**)

Lit. 'shinning, bright sphere'

In the **Veda**-s a name for the heaven as sphere of consciousness

vide also **Loka**, **Rodasī**

Rodasī

In the **Veda**-s heaven and earth as kind of **Devatā**

vide also **Rocanā**

Roga

Disease

Ṛṣi

Lit. 'seer'

An inspired sage in the Vedic tradition

vide also **Saptaṛṣi**

Ṛta

Lit. 'rule, order'

The rule of order of things

It applies equally at the grand scale of the universe, as well as at the nature and human levels. **Ṛta** has to be seen as the natural law of orderly things that is suitable for everything. It is immutable and

out of the control of humans and even of gods. All have to obey the rules of **Ṛta**, which is created at the highest level of the reality (**Sat**) as foundational design of manifestation. It has to be followed in rituals and human behaviour, thus being the basis of **Dharma**. The Vedic priests (**Ṛtvija**-s) do apply **Ṛta** when performing their duties.

Ṛtambharā Prajñā

The super-consciousness state full of cosmic experience as a culmination of **Nirvicārā Samādhi**

vide also **Nirguṇopāsana**

Ṛtu

Lit. 'season'

The natural sequence of seasons

An observation that has a deep spiritual connotation that is conceptualised as **Ṛta**, order of things at every scale.

Ṛtvija

A Vedic priest

There are four chief priests of the **Veda**-s namely **Hotṛ**, **Adhvaryu**, **Udgātṛ** and **Brāhmaṇa**, each one having three helper priests making sixteen the number of priests necessary to perform the **Mahāyajña** with the **Soma** juice (**Soma Rasa** or **Amṛta**).

Rudra

One of the Gods of Hindu trinity (**Trimūrti**) an aspect of **Śiva**; the principle and manifestation of transformation; the **Devatā** of **Tejas Bhūta**

Lord **Rudra** presides over the transformation of Macrocosm (**Brahmāṇḍa**) and Microcosm (**Piṇḍāṇḍa**). In **Brahmāṇḍa** he acts as **Natarāja**, an agent of transformation at grand scale. In the **Piṇḍāṇḍa** (the human body as microcosm) there are eleven **Rudra**-s i.e. five **Jñānendriya**-s, five **Karmendriya**-s and the mind (**Manas**), all together are known as the eleven **Indriya**-s.

Rudragranthi

*Lit. 'knot of **Rudra**'*

The knot located in the **Candrakhaṇḍa**

It represents the attachment to **Mada** (pride) and **Siddhi**-s (supernormal powers). The transcendence of this knot is equivalent to full awakening of **Kuṇḍalinī**.

Rudrākṣa

*Lit. 'pervaded by **Rudra**'*

The tree Elaeocarpus Granitrus or its seed used for rosaries by followers of **Śiva** tradition

It is also known as **Akṣa.**

Rudrāṇī

vide **Trimūrti**

Rudra Paśupati

Rudra the lord of the souls covered by ignorance

One of the eight **Devasū**-s, an aspect of **Rudra.**

Rūpa

Form; sight

There are three kinds of **Rūpa**-s (forms) namely **Sthūla** (gross), **Sūkṣma** (subtle) and **Kāraṇa** (causal). They apply to a wide variety of threefold concepts of which **Tripurā** is seen as the most comprehensive. The three forms are to be seen as levels of vibrations of energy and as such any threefold concept could be understood by the **Citta** only if it has the awareness of a threefold perception. **Rūpa** means also beautiful form as one of the four **Kāya Sampad**-s.

vide also **Tanmātra**, **Tripurā**

Rūpākarṣiṇī

The attractive power of **Rūpa**

vide also **Sarvāśāparipuraka Cakra**

Rūpatattva

The **Tattva** of **Rūpa**

S

Sabar Mantra (from **Sabar** i.e. milk, nectar)

Mantra representing the quintessence of a sacred text

Śabda

Lit. 'vibration, sound; word'

The vibration of sound; the thought process in the form of words

There are four stages of **Śabda** namely **Vaikharī**, **Madhyamā**, **Paśyantī** and **Parā** by which the whole universe of **Nāmarūpa** comes into existence. Various **Sādhana**-s using **Śabda** in different forms (like **Kīrtana**, **Bhajan**, **Mantra**, **Nāda Yoga**, etc.) have the purpose to merge the sound consciousness into the mental consciousness. The original cause of **Śabda** is **Mūlaprakṛti**. In the **Veda**-s **Vāk Devī** was later identified with **Sarasvatī**, the goddess of speech.

vide also **Karmendriya**, **Savitarkā Samādhi**

Śabda Brahman

Brahman as the primal sound-energy

Śabdākarṣiṇī

The attractive power of **Śabda**

vide also **Sarvāśāparipuraka Cakra**

Śabdatattva

The **Tattva** of **Śabda**

Sabīja Samādhi

Samādhi with seed (**Bīja**) based on **Pratyaya**

Towards finer and finer realms of consciousness **Sabīja Samādhi** is of six kinds viz. **Savitarkā**, **Nirvitarkā**, **Savicārā**, **Nirvicārā**, **Ānanda** and **Asmitā**. Other varieties of **Sabīja Samādhi** are **Samprajñāta Samādhi**, **Asamprajñāta Samādhi**.

vide also **Nirbīja Samādhi**, **Savikalpa Samādhi**

Śaccidānanda

In **Vedanta** existence-consciousness-bliss as a state similar to **Nirbīja Samādhi** in **Yoga**

vide also **Sat Cit Ānanda**

Ṣaḍaṅga

Lit. 'six limbs'

The science of forms

The forms are seen as outer expressions of the inner reality, the means to provide a spiritual experience by understanding their transcendental correspondence. Although **Ṣaḍaṅga** as a word refers to the six limbs (vide **Ṣaḍaṅganyāsa**) its expression as science of forms is very wide, addressing the symbol-values of **Yantra**, **Maṇḍala**, statues, icons, temples, geometry, architecture, etc.

vide also **Mūrti**

Ṣaḍaṅganyāsa

*Lit. '**Nyāsa** of the six limbs'*

The act of installing of deities by touch and **Mantra**-s invocation into six parts of the body namely heart, forehead, crown of the head, anus, eyes and navel.

vide also **Ṣaḍaṅga**

Sadāśiva

Lit. 'always auspicious'

A form of **Śiva**; the **Devatā** of **Ākāśa Bhūta**

Sadāśivatattva

The **Tattva** of **Icchā Śakti** (the energy of will)

Ṣaḍ Darśana

The six classical philosophies of the Indian tradition namely **Mīmāṃsā**, **Nyāya**, **Vaiśeṣika**, **Sāṃkhya**, **Yoga**, **Vedānta**

They are also known as Indian orthodox (i.e. accepted by Hinduism) systems of philosophy.

vide also **Tattva Cintana**

Sādhaka

Lit. 'efficient, effective'

Adept, spiritual aspirant practicing **Sādhana**

According to **Gandharva Tantra** a competent **Sādhaka** should be **Dakṣa** (intelligent), **Jitendriya** (having senses under control), **Sarvāhiṃsā Vinirmukta** (free from injuring all creatures), **Sarvaprāṇihita Rata** (doing always good to all beings), **Āstika** (believer in **Veda**-s), **Śuci** (pure), **Brahmavādī** (with faith in **Brahman**). In the **Tantra**-s there are three kinds of **Sādhaka**-s viz. **Paśu**, **Vīra** and **Divya**, each one having preponderance over one of the three **Guṇa**-s. In **Yoga**-s there are two kinds of **Sādhaka**-s viz. **Sakāma** and **Niṣkāma**.

vide also **Tantra Śāstrādhikāra**

Sādhana (also Sādhanā)

Lit. 'leading straight to a goal'

A practice from **Yoga**, **Tantra**, **Veda**, etc. with a spiritual aim

The goal of **Sādhana** is to enable the practitioner as manifestation of **Śiva Śakti** at Microcosmic level (i.e. **Kṣudra Brahmāṇḍa**) to experience **Śiva Śakti** at Macrocosmic level (i.e. **Brahmāṇḍa**) where the experience is unlimited.

vide also **Tantra Sādhana**, **Veda Sādhana**, **Yoga Sādhana**

Sādhikā

A female **Sādhaka**

Sādhu

A holy man, saint; a saintly woman

Sad Vidyā

The knowledge of the reality (**Sat**)

A **Veda Vidyā** (one of the thirty-two **Vidyā**-s) which deals with **Asat** as the cause of **Sat**, as the knowledge imparted by sage **Uddālaka** to his son **Śvetaketu.**

vide also **Dvātriṃśat Vidyā**

Sagarbha Sahita Prāṇāyāma

vide **Sahita Kumbhaka**

Saguṇa

With quality as attribute

Saguṇa and **Nirguṇa** apply to a wide range of descriptions where the subjects can be with or without qualities or attributes, like **Devī** being in Her **Saguṇa** or **Nirguṇa** aspects or **Brahman**. The concept applies to any reality with attributes (as **Saguṇa**) or without attributes (as **Nirguṇa**).

Saguṇa Brahman

The Universal Spirit possessing qualities

vide also **Brahman**, **Ānandamaya Vidyā**, **Dvātriṃśat Vidyā**

Saguṇopāsana

The contemplation of objects as an introduction to meditation

vide also **Upāsana**, **Nirguṇopāsana**

Sahaja

Lit. 'original, natural'

The stage of Self-realization

vide also **Jñāna**, **Samādhi**, **Vidyā**

Sahajolī Mudrā

A variant of **Vajrolī Mudrā** practiced by a female **Yogī** (i.e. **Yoginī**)

Sāham

Lit. 'She I am'

A **Mantra** to identify oneself with **Śakti**

vide also **Soham**

Sahas

Lit. 'power, strength'

In the **Veda**-s the power to overcome the ignorance

vide also **Mārgaśīrṣa**

Sahasrāra Cakra (known also as **Soma Cakra**)

The thousand-petals lotus (**Cakra**), the most important **Cakra** in the human body where the highest level of consciousness is experienced

The awakening of this **Cakra** enables one to leave the body in full consciousness as the level of awareness is **Satyaloka**. The "one thousand" is just symbolic of a number, practically this **Cakra** has unlimited extensions and all the potentialities of the consciousness as **Ākāra** and **Nirākāra**.

vide also **Jyotirliṅga**, **Kuṇḍalinī**, **Meru**, **Kailāsa**

Sahita Kumbhaka

*Lit. 'supported **Kumbhaka**'*

A **Prāṇāyāma** technique in which the ratio between **Pūraka**, **Kumbhaka** and **Recaka** is 1:4:2, therefore based mainly on **Kumbhaka** but supported also by **Pūraka** and **Recaka**

Known also as **Sahita Prāṇāyāma** it is of two kinds viz. **Sagarbha** (with repetition of **Mantra**-s) and **Nigarbha** (without repetition of **Mantra**-s). **Sahita Kumbhaka** leads to **Kevala Kumbhaka** therefore the awakening of **Kuṇḍalinī Śakti**.

Sahodara

Lit. 'born of the same womb'

A sister or brother

Śaiva

A follower of **Śiva** and kind of philosophical tradition in India in which the male principle is paramount

Sakala

With parts

Sakāma

With desire

Sakāma Sādhaka

Kind of **Yoga** practitioner known also as **Saṃsārī** concerned mainly with the first two of the **Puruṣārtha**-s i.e. **Kāma** and **Artha**

Sakara

With form, manifested

Sākhya

Friendship; one of the nine **Aṅga**-s of **Bhakti Yoga** as the devotional act of friendship, also one of the **Rasa**-s

Sākinī

The **Śakti** residing in the **Viśuddhi Cakra**

Śakra

Courage as one of the twelve **Āditya**-s

Sākṣi

Witness

vide also **Draṣṭa**

Sākṣibhāva

Attitude of a witness

The real witness (**Sākṣi**) is the Universal Consciousness (**Cit**). By practicing **Sākṣibhāva** a **Sādhaka** is on the same side with the real witness. The practical manner is to reserve approx. 1% of the conscious activity of the brain to witness what the other 99% does.

vide also **Draṣṭa**, **Ātmadraṣṭa**

Śākta

A follower (worshipper) of **Śakti** known also as **Śaktipūjaka**; kind of philosophical tradition in India in which the female principle is paramount

Śakti

Lit. 'power, energy'

vide **Śiva Śakti**

Energy as manifested form taken by **Śiva** as Power-Holder (**Śaktimān**)

As manifestation **Śakti** is the vibration of any frequency in the three **Rūpa**-s possessing all aspects of life from beneficial to malefic, sensual to sublime, creative to destructive. There are three kinds of energies (**Śakti**-s) namely **Prāṇa Śakti**, **Manas Śakti** and **Ātma Śakti**, i.e. pranic, mental and spiritual energies.

Śakti Bīja

vide **Hrīṃ**

Śakticālanī Mudrā (or Śakticālanā)

The awakening of **Śakti Mudrā** as one of the **Mudrā Bandha**-s

Śaktikūṭa

One group (section) of **Pañcadaśī** presided over by **Soma**

Śaktimān Śakti

The Power-Holder and Power

The Power-Holder is **Śiva** and the Power is **Śakti.** There is nor **Śiva** without **Śakti** or **Śakti** without **Śiva**, they are One as the static aspect (i.e. **Śiva**) and the moving (kinetic) aspect (i.e. **Śakti**) of the same Reality (**Sat**).

vide also **Śiva Śakti**

Śakti Pūjā

Śakti worship

Śaktiśodhana

The ritual of purification of the woman representing **Śakti** in **Śakti Pūjā** practice.

Śaktitattva

The **Tattva** of **Śakti**

vide also **Śiva Śakti**

Śakti Upāsanā

Female worship

Śaktivīra

A male partner of a woman who represents **Śakti** pertaining the **Śakti** worship ritual (i.e. **Śakti Pūjā**)

Śakuna Śāstra

vide **Śakuna Tantra**

Śakuna Tantra

The doctrine (science) of omens

It is known also as **Śakuna Upadeśa** (**Śakunopadeśa**) or **Śakuna Śāstra.** A part of **Tantra**, the **Śakuna Tantra** deals with nature's warnings of forthcoming events. The power of correct interpretation of these warnings is called **Lakṣaṇa Siddhi.** The warnings are hidden symbols of **Prakṛti**'s messages.

vide also **Lakṣana**, **Lakṣana Siddhi**

Śakunopadeśa

vide **Śakuna Tantra**

Śalabhāsana

The locust **Āsana**

Śālagrāma

A sacred stone worshipped by **Vaiṣṇava**-s

The black stone containing a fossil ammonite is found near the **Śālagrāma** village on the river **Gaṇdakī** in Nepal. Its name comes from the **Śāl** trees (Vatica Robusta) which grow in the area. The black ammonite falls into the river from the mountain **Gaṇdakī** (which according to **Bhāgavata Purāṇa**, **Viṣṇu** had transformed himself). The **Śālagrāma** believed to be pervaded by the presence of Lord **Viṣṇu** is the most sacred object of **Vaiṣṇava**-s having the same status as **Śivaliṅga** for **Śaiva**-s.

Sālajja

Lit. 'granting modesty'

The city of **Brahmā** in the **Brahmaloka** representing the experiences of the world of **Brahmā**, as various **Rasa**-s as sentiments

The devotee has to raise above these kinds of experiences (vide **Paryaṅka Vidyā**) by a **Draṣṭa** attitude.

vide also **Sākṣibhāva**

Sālokya

Lit. 'same world'

The state in which the devotee lives on the same plane with the Divine

vide also **Ātma Rati**

Śam

Lit. 'contentment, peace'

Auspiciousness as a name of **Śiva**

Samādhi

Lit. 'union with the Lord'

Awareness as states of consciousness (transcending the mind eventually) in which any duality will disappear gradually and the individual Self (**Jīvātma**) of a **Draṣṭa** merges with the cosmic Self (**Paramātmā**)

In **Yoga, Samādhi** is one of the eight **Aṅga**-s of the **Aṣṭāṅga Yoga** of **Patañjali**. Through **Samādhi**, **Nirliptatā** is obtained. There are only two categories of **Samādhi** viz. **Sabīja** and **Nirbīja**, other kinds such as **Samprajñāta**, **Asamprajñāta** are only intermediate states of **Samādhi**. There are also **Samādhi**-s as a result of particular kinds of **Yoga** practices like **Bhakti Yoga Samādhi**, **Rāja Yoga Samādhi**, **Laya Siddhi Yoga Samādhi**, **Dhyāna Yoga Samādhi**, **Nāda Yoga Samādhi**, **Rasānanda Yoga Samādhi** as stated in **Gheraṇḍa Saṃhitā** work. The **Samādhi** concept has to be seen as the experience of awareness therefore it has limitless aspects.

vide also **Samāpatti**, **Nirañjanā**, **Samarasa**

Samādhi Pariṇāma

Transformation of consciousness as one of the three **Pariṇāma**-s

vide also **Dharma Pariṇāma**

Samādhi Prajñā

The higher intelligence possessing a spiritual vision

It is developed as a result of successfully practicing **Samprajñāta Samādhi**.

Samāna

The **Vāyu** which controls digestion into the body

vide also **Sarvārthasādhaka Cakra**, **Sarvakāmapradā**, **Devasuṣi**

Sāmānya Homa

The ordinary **Homa**

Samāpatti

Lit. 'coming together'

The state of merge in various stages of individual identity with cosmic identity known in **Yoga Sūtra** as the merge of **Grahītṛ**, **Grahaṇa**, **Grāhya**.

This is a state preliminary to **Samādhi.** Both **Samāpatti** and **Samādhi** employ the same process, however **Samāpatti** deals with an impure mind, but **Samādhi** arises in a pure mind, therefore its perception is much more advanced by the removal of covering (**Āvaraṇa**). After purification of the mind **Samāpatti** graduates into **Samādhi**.

vide also **Samarasa**

Samarasa (also **Samarasatva**)

The experience of unity in Tantric practices, a state parallel to **Samādhi** in **Yoga**

vide also **Maithuna**

Samarpaṇa

The act of offering

Samastavidyā

The **Sthūla** (gross) worship of **Devī**

Samatva (also **Samatā**)

Balance, equanimity

Sāma Veda

The **Veda** of chanting, one of the four **Veda Saṃhitā**-s

Samaya

Traditional custom

Samaya also means the five books of **Sanaka**, **Sanandana**, **Sanatkumāra**, **Śuka** and **Vasiṣṭha** because they describe the traditional custom, therefore the traditional custom of **Samaya** becomes **Samaya** doctrine.

vide also **Śubhāgama Pañcaka**

Samayana

The state of emptiness, equanimity and mental tranquillity

In this state the cognitive, cognative and volitional functions cease to exist.

Śāṃbhavī Mudrā

The consort of **Śaṃbhu Mudrā** as one of the **Mudrā Bandha**-s

vide also **Jyotiṣmatī**, **Bhrūmadhya**, **Ājñā Cakra**

Śaṃbhu

Lit. 'causing happiness'

A name of **Śiva**

Saṃdhyā

The twilight prayer

Saṃhāra

A work of dissolution

vide also **Mūla Trikoṇa**, **Sṛṣṭi**

Saṃhārakrama

Going towards dissolution, a synonym for **Layakrama**

Saṃhitā

A collection of writings, the main ones being the four **Veda**-s

Sāmīpya

The state in which the devotee realizes proximity with the Divine

vide also **Ātma Rati**

Saṃkalpa (also Saṅkalpa)

Resolve, determination, declaration of purpose

A spiritual technique when the practitioner makes a personal declaration of purpose in specific circumstances like a **Pūjā** or during **Yoga Nidra**

Śaṃkarācārya

vide **Śaṅkara**

Sāṃkhya (also Sāṅkhya)

Lit. 'number'

One of the **Ṣad Darśana**-s

Saṃkrānti

The passage of the sun the northwards way

vise also **Uttarāyana**

Saṃnyāsa (also Sannyāsa)

Lit. 'renunciation of the world'

Renunciation as one of the four **Āśrama**-s; a way of investing **Karma**-s

There are gradual stages of **Saṃnyāsa** life starting with **Jijñāsu**, then **Karma**, **Kuṭicaka**, **Bahuda**, **Pūrna**, **Haṃsa**, etc., all as various degrees of spiritual life. **Bhagavad Gīta** says: "**Sannyāsa** equals investing the **Karma**-s", in other words investing own actions for personal and community development.

Saṃnyāsin (also Sannyāsin, Sannyāsī)

Lit. 'giving up'

Ascetic, one who has renounced all earthly concerns

vide also **Āśrama**, **Niṣkāma Sādhaka**, **Svāmi**

Sampradāya

Tradition, belief transmitted from one teacher to another

Samprajñāta Samādhi

Kind of **Samādhi** in which the practitioner is still able to differentiate

vide also **Samādhi Prajñā**

Saṃsāra

Life of transmigration from one birth to another; the life of birth and death as the law of cyclic spiritual progress

Saṃsārī

vide **Sakāma Sādhaka**

Saṃśaya

The state of doubt as one of the nine **Citta Vikṣepa**-s

Saṃskāra

Latent impression in the **Citta** as subtle form of **Vṛtti**; sacramental rite in the **Tantra**-s

The latent impressions as potentialities are the accumulated seeds of consciousness as objective consciousness of past experiences which survive up to the state of **Nirbīja Samādhi**. There are multiple layers of **Saṃskāra**-s. The impressions (**Saṃskāra**-s) accompany every action (**Karma**). By practicing **Saṃyama** on own **Saṃskāra**-s the knowledge of previous births is obtained.

vide also **Kāraṇa Śarīra**, **Karma**, **Vāsanā**, **Niṣkāma Karma**

Saṃskṛta

Lit. 'well done'

The Aryan language, which was standardised by **Pāṇini** the great grammarian of the 7th century BCE

The language is also called **Deva Bhāṣā** (i.e. the language of gods).

Saṃvarga Vidyā

The knowledge of absorption

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s. It refers to the correlation between the individual **Prāṇa**-s and the universal **Vāyu** in which **Prāṇa**-s are absorbed. It is also related to the food (**Anna**) giving, the individual **Prāṇa** being seen as the food that will be given (therefore absorbed) to the humankind (**Vaiśvānara**) seen as the body of **Vāyu.**

vide also **Dvātriṃśat Vidyā**

Saṃvega

Urge, eagerness

vide also **Tīvrasaṃvega**

Saṃvid

Perception

Saṃvit

Goddess **Saṃvit** also called **Bhairavī**; the Pure Consciousness synonym with **Cit**

vide also **Cittasaṃvit**

Saṃyagdarśana

The perfect vision that enables the devotee to dispel darkness and avoid **Punarjanma** (rebirth)

Saṃyama

The state when **Dhāraṇā**, **Dhyāna** and are **Samādhi** are applied together as three consecutive stages towards **Jñāna**, a state of mental control over the applied awareness

vide also **Siddhi**

Śaṇa

The species of hemp Cannabis Sativa or Crotolaria Juncea

vide also **Mekhalā**

Sanaka

vide **Samaya**

Sanandana

vide **Samaya**

Sanātana Dharma

The Eternal **Dharma**

Sanatkumāra

One of **Brahmā**'s sons

vide also **Janarloka, Samaya**

Saṅcita Karma

Past actions not yet manifested, a synonym to **Nirupakrama Karma**

Śāṇḍilya Vidyā

The knowledge of **Śāṇḍilya**

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s refers to the Soul (in the heart) as **Prājña** in the **Kāraṇa Śarīra.** The meditation is on the Soul expending and contracting in the centre of the heart (**Hṛd**).

vide also **Dvātriṃśat Vidyā**

Saṅga

Attachment

vide also **Pañcāgni**

Śani

The planet Saturn one of the **Navagraha**-s

Saṅkalpa (also Saṃkalpa)

Lit. 'determination'

Resolution, a firm affirmation taken in specific yogic technique practices; purpose, desire

vide also **Anuṣṭhāna**

Śaṅkara

The author of the celebrated Tantric text **Saundaryalahari** (eighth century CE) known also as **Śaṅkarācārya** or **Śaṃkarācārya** he is the founder of the ten orders (**Dasnāmi**) of mendicants in India

vide also **Nāga**

Saṅkaṭāsana

The twister **Āsana**

Śaṅkha

Conch-shell used for ritual, ornaments or as instrument to produce sounds

Śaṅkhinī

vide **Padminī**

Śaṅkhinī Nāḍī

The connected to the left side of the body

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvonmādiṇī**

Sannyāsa

vide **Saṃnyāsa**

Sannyāsin

vide **Saṃnyāsin**

Śānta

Peacefulness as one of the **Rasa**-s

Śānti

Peacefulness as one of the twenty-six **Daivīsampat**-s

Śāntikarma

Lit. 'action of peace'

One of the **Ṣaṭkarma**-s giving protection from the evil influences of planets and curses by others, or removes diseases and dispels fears bringing peace and happiness

This **Ṣaṭkarma** will counterbalance the ill effects of the others five malefic magical rites, therefore bringing the Tantric concept of polarity into effect.

Santoṣa

Contentment as one of the five **Niyama**-s

Santoṣapratiṣṭhā

A state in which **Santoṣa** is firmly established

A **Yogī** possessing **Santoṣapratiṣṭhā** becomes very happy.

Saptabhūmi

The seven upper worlds

In the human body they correspond to the seven **Cakra**-s.

vide also **Loka**

Sapta Dhātu

vide **Dhātu**

Saptarṣi

The seven seers

In astronomy the seven **Ṛṣi**-s are the seven stars viz. **Marīci** (or **Marut**), **Atri**, **Aṅgiras**, **Pulastya**, **Pulaha**, **Kratu** and **Vasiṣṭha** of the constellation Ursa Major.

vide also **Brahmā**

Sarasvatī

Lit. 'she who is full of inspiration'

Consort of Lord **Brahmā**; name of a river (vide **Prayāga** and **Triveṇī**) in the **Veda**-s

As a personification of **Prajña**, **Sarasvatī** presides over arts and eloquence, wisdom and learning.

vide also **Ṛg Veda**

Sarasvatī Nāḍī

The **Nāḍī** connected to the left shoulder

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvārthasādhaṇī**

Śarīra

Body, frame

There are there bodies as states of consciousness viz. **Sthūla** (gross), **Sūkṣma** (subtle) and **Kāraṇa** (causal). They are represented in the **Tantra**-s in the form of the three types of **Śivaliṅga**-s and experienced through the five **Kośa**-s as different vibrations of energy. Beyond these three bodies there is the **Mahā Kāraṇa Śarīra**, their source associated with **Turīya** state.

Śārīra

The Soul in the **Sthūla Śarīra** (gross body)

vide also **Jīvātman**

Śarīrākarṣiṇī

The attractive power of **Śarīra**

vide also **Sarvāśāparipuraka Cakra**

Sarṣṭi

The state in which the devotee realizes the knowledge of the Divine

vide also **Ātma Rati**

Sarūpa

With form

Sārūpya

The state in which the devotee realizes same form with the Divine

vide also **Ātma Rati**

Sarvādhārasvarūpiṇī

The one in the form of all supports

In the human gross body corresponds to the **Jāṭharāgni** of **Kṣāraka**

vide also **Sarvarakṣākara Cakra**

Sarvaduḥkhavimociṇī

The remover of all sufferings

In the human subtle body corresponds to **Nāga Vāyu.**

vide also **Sarvārthasādhaka Cakra**

Sarvadvandvakṣayaṅkarī

The destroyer of duality

In the human subtle body corresponds to **Suṣumnā Nāḍī.**

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvahlādiṇī

The delighter of all

In the human subtle body corresponds to **Vāruṇī Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvaiśvaryapradā

The giver of all sovereignty (authority)

In the human subtle body corresponds to **Jāṭharāgni** of **Śoṣaka**.

vide also **Sarvarakṣākara Cakra**

Sarvajñā

The one who knows all

In the human gross body corresponds to **Jāṭharāgni** of **Recaka**.

vide also **Sarvarakṣākara Cakra**

Sarvajñānamayī

The one full of all knowledge

In the human gross body corresponds to **Jāṭharāgni** of **Dāhaka**.

vide also **Sarvarakṣākara Cakra**

Sarvajṛmbhiṇī

The releaser of all

In the human subtle body corresponds to **Payasvinī Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvakāmapradā

The giver of all desires (wants)

In the human subtle body corresponds to **Samāna Vāyu**.

vide also **Sarvārthasādhaka Cakra**

Sarvakarṣiṇī

The one who attracts all

In the human subtle body corresponds to **Viśvodarā Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvamaṅgalā

One of the **Nityā Śakti**-s

The **Bīja Mantra** is **Svaṃ**.

Sarvamaṅgalākāriṇī

The one bringing all auspicious things

In the human subtle body corresponds to **Udāna Vāyu**.

vide also **Sarvārthasādhaka Cakra**

Sarvamantramayī

Consisting of all **Mantra**-s

In the human subtle body corresponds to **Piṅgalā Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvamṛtyupraśamaṇī

The one bringing to a state of peace the indication of death

In the human subtle body corresponds to **Kūrma Vāyu**.

vide also **Sarvārthasādhaka Cakra**

Sarvānandamaya Cakra

Lit. 'the wheel consisting entirely of bliss'

The Red Central Wheel of the **Śrī Yantra** presiding by **Mahātripurāsundarī Śakti** (**Lalitā**)

It is also known as **Bindumaṇḍala Cakra**. Here is where **Devī Lalitā** as supreme **Kāmeśvarī** is united with Her Lord **Kameśvara** in the state of supreme union of **Sat Cit Ānanda** in **Uḍḍīyāna Pīṭha**. It is represented as three **Bindu**-s (points), the one above representing the face, the two below representing the breasts. Meditation on this **Cakra** brings the identity of the **Sādhaka** with **Lalitā**.

vide also **Parābindu**, **Bindu**

Sarvānandamayī

The one full of all bliss

In the human gross body corresponds to the **Jāṭharāgni** of **Kṣobhaka.**

vide also **Sarvarakṣākara Cakra**

Sarvāṅgasundarī

The one beautiful in all limbs

In the human subtle body corresponds to **Devadatta Vāyu**.

vide also **Sarvārthasādhaka Cakra**

Sarvapāpaharā

The dispeller of all evil

In the human gross body corresponds to the **Jāṭharāgni** of **Udgāraka.**

vide also **Sarvarakṣākara Cakra**

Sarvapriyaṃkarī

The doer of what is liked by all

In the human subtle body corresponds to **Vyāna Vāyu**.

vide also **Sarvārthasādhaka Cakra**

Sarvapsitaphalapradā

The giver of the fruit of all wants

In the human gross body corresponds to the **Jāṭharāgni** of **Mohaka.**

vide also **Sarvarakṣākara Cakra**

Sarvarakṣākara Cakra

Lit. 'the wheel protecting all'

The ten Blue Triangles Wheel of the **Śrī Yantra** presided by **Tripuramālinī Śakti**

The **Śakti**-s to be worshipped in this **Cakra** are the deities of protection namely **Sarvajñā**, **Sarvaśaktipradā**, **Sarvaiśvaryapradā**, **Sarvajñānamayī**, **Sarvavyādhivināśinī**, **Sarvādhārasvarūpiṇī**, **Sarvapāpaharā**, **Sarvānandamayī**, **Sarvarakṣāsvarūpiṇī**, **Sarvapsitaphalapradā**. In the human subtle body they are manifestations of **Samāna Vāyu** within the **Manipūra Cakra** as **Vahnikalā** (vital fire). The ten functions of **Vahnikalā** manifest as ten **Jāṭharāgni**-s in the gross body (vide **Jāṭharāgni**).

Sarvarakṣāsvarūpiṇī

The one in the form of all protections

In the human gross body corresponds to the **Jāṭharāgni** of **Jṛmbhaka.**

vide also **Sarvarakṣākara Cakra**

Sarvarañjaṇī

The one pleasing (charming) to all

In the human subtle body corresponds to **Pūṣā Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvarogahara Cakra

Lit. 'the wheel removing all sickness'

The eight Red Triangles Wheel of the **Śrī Yantra** presided by **Tripurasiddhā Śakti**

The **Śakti**-s to be worshipped in this **Cakra** are the deities of mental expressions (**Vāgdevī**-s) namely **Vaśinī**, **Kāmeśī**, **Modinī**, **Vimalā**, **Aruṇā**, **Jayinī**, **Sarveśī** (or **Sarveśvarī**) and **Kaulinī**. In the human mind they manifest as **Devatā**-s of two sets of polarities i.e. **Śīta** (calm) and **Uṣṇa** (ardent), **Sukha** (delighted) and **Duḥkha** (distressed), **Icchā** (wish) and the three **Guṇa**-s namely **Sattva** (equilibrium), **Rajas** (activity), **Tamas** (inertia). At this stage the **Sādhaka** is able to achieve **Sarvarogahara**, the curing of all ills by overcoming the opposites (**Dvandva**-s), the individual self as will (**Icchā**) and the qualities (**Guṇa**-s), the essence of the Self being beyond all.

Sarvārtha

Lit. 'all accomplishments'

A yogic state when the mind (as **Citta**) becomes pure

Thus it allows the combined experience of **Draṣṭa** and **Dṛśya** (i.e. the subject and the object of awareness) which **Citta** is able to reflect.

vide also **Vāsanā**

Sarvārthasādhaka Cakra

Lit. 'the wheel creating all prosperity'

The Ten Red Triangles Wheel of the **Śrī Yantra** presided by **Tripuraśrī Śakti**

The **Śakti**-s to be worshipped in this **Cakra** are the deities of accomplishments namely **Sarvasiddhipradā**, **Sarvasampatpradā**, **Sarvapriyaṃkarī**, **Sarvamaṅgalākariṇī**, **Sarvakāmapradā**, **Sarvaduḥkhavimociṇī**, **Sarvamṛtyupraśamaṇī**, **Sarvavighanivāriṇī**, **Sarvāṅgasundarī**, **Sarvasaubhāgyadāyiṇī**. In the subtle body they correspond to the ten **Vāyu**-s viz. **Prāṇa**, **Apāna**, **Vyāna**, **Udāna**, **Samāna**, **Nāga**, **Kūrma**, **Kṛkara**, **Devadatta**, **Dhanañjayā**.

vide also **Vāyu**

Sarvārthsādhaṇī

The one who accomplishes all material gains

In the human subtle body corresponds to **Sarasvatī Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvaśaktipradā

The giver of all powers

In the human gross body corresponds to the **Jāṭharāgni** of **Pacaka.**

vide also **Sarvarakṣākara Cakra**

Sarvāśaṃkṣobhaṇa Cakra

Lit. 'the wheel agitating all'

The Eight-petals Red Lotus Wheel of the **Śrī Yantra** presided by **Tripurāsundarī Śakti**

The **Śakti**-s to be worshipped on the petals are the deities who agitate the mind viz. **Anaṅgakusumā**, **Anaṅgamekhalā**, **Anaṅgamadanā**, **Anaṅgamadanāturā**, **Anaṅgarekhā**, **Anaṅgaveganī**, **Anaṅgamadanāṅkuśā** and **Anaṅgamālinī**. They correspond to the human expressions and attitudes of **Vacana**, **Upekṣa**, **Ānanda**, **Gamana**, **Hāna**, **Visarga**, **Ādāna** and **Upādāna**.

Sarvasaṃkṣobhiṇī

The agitator of all

In the human subtle body corresponds to **Alaṃbusā Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvasaṃmohiṇī

The one who can delude all (everything)

In the human subtle body corresponds to **Hastijihvā Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvasampatpradā

The giver of all material gains

In the human subtle body corresponds to **Apāna Vāyu**.

vide also **Sarvārthasādhaka Cakra**

Sarvasampattipūraṇī

The one who can fulfil and satisfy all

In the human subtle body corresponds to **Iḍā Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvāśāparipuraka Cakra

Lit. 'the wheel fulfilling all desires'

The Sixteen-petals Blue Lotus Wheel of the **Śrī Yantra** presided by **Tripureśi** (**Ṣodaśī**) **Śakti**

The **Śakti**-s to be worshipped on the petals are the deities of attraction viz. **Kāmākarṣiṇī** **Buddhyākarṣiṇī**, **Ahaṃkārākarṣiṇī**, **Śabdākarṣiṇī**, **Sparśākarṣiṇī**, **Rūpākarṣiṇī**, **Rasākarṣiṇī**, **Gandhākarṣiṇī**, **Cittakarṣiṇī**, **Dhairyākarṣiṇī**, **Smṛtyākarṣiṇī**, **Nāmākarṣiṇī**, **Bījākarṣiṇī**, **Ātmākarṣiṇī**, **Amṛtākarṣiṇī** and **Śarirākarṣiṇī**. These attractive powers as manifestations of **Māyā**, veil the consciousness. In the human body they are experienced through the five **Bhūta**-s, the five **Jñānendriya**-s, the five **Karmendriya**-s and **Manas**.

Sarvasaubhāgyadāyaka Cakra

Lit. 'the wheel granting every happiness'

The Fourteen Blue Triangles Wheel of the **Śrī Yantra** presided by **Tipuravāsinī Śakti**

The **Śakti**-s to be worshipped in this **Cakra** are the deities granting all that is auspicious viz. **Sarvasaṃkṣobhiṇī**, **Sarvavidrāviṇī**, **Sarvakarṣiṇī**, **Sarvahlādiṇī**, **Sarvasaṃmohinī**, **Sarvastambhiṇī**, **Sarvajṛmbhiṇī**, **Sarvavaśaṅkarī**, **Sarvarañjaṇī**, **Sarvonmādiṇī**, **Sarvārthasādhaṇī**, **Sarvasampattipūraṇī**, **Sarvamantramayī**, **Sarvadvandvakṣayaṅkarī**. They correspond with the fourteen main **Nāḍī**-s in the human body (**Sūkṣma Śarīra**) namely **Alaṃbusā**, **Kuhū**, **Viśvodarā**, **Vāruṇī**, **Hastijihvā**, **Yośovatī**, **Payasvinī**, **Gāndhārī**, **Pūṣā**, **Śaṅkhinī**, **Sarasvatī**, **Iḍā**, **Piṅgalā**, **Suṣumnā**.

Sarvasaubhāgyadāyiṇī

The giver of all good fortunes

In the human subtle body corresponds to **Dhanañjayā Vāyu.**

vide also **Sarvārthasādhaka Cakra**

Sarvasiddhipradā

The giver of all that is perfect

In the human subtle body corresponds to **Prāṇa Vāyu.**

vide also **Sarvārthasādhaka Cakra**

Sarvasiddhiprada Cakra

Lit. 'the wheel granting all miraculous powers'

The White Central Triangle Wheel of the **Śrī Yantra** presided by **Tripurāmbā Śakti**

It is also known as **Trikoṇa Cakra**, **Yonimaṇḍala Cakra**, **Mūla Trikoṇa Cakra**. At the corners of the triangle are the **Śakti**-s to be worshipped in this **Cakra**, the **Āvaraṇa Devatā**-s namely **Kāmeśvarī**, **Vajreśvarī** and **Bhagamālinī** presiding over the three principles of existence (**Avyakta**, **Ahaṃkāra** and **Mahat**). The corners of the triangles are the three **Pīṭha**-s namely **Kāmarūpa**, **Pūrṇagiri** and **Jālandhara** as symbols of creation. Outside the triangle there are the three **Āyudha Devatā**-s presiding over the weapons of **Devī Lalitā**.

vide also **Catuṣpīṭha**

Sarvastambhiṇī

The one who can arrests (restrain) all

In the human subtle body corresponds to **Yaśovatī Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvavaśaṅkarī

The controller of all

In the human subtle body corresponds to **Gāndhārī Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvavidrāviṇī

The chaser of all

In the human subtle body corresponds to **Kuhū Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sarvavighanivāriṇī

The one overcoming all obstacles

In the human subtle body corresponds to **Kṛkara Vāyu.**

vide also **Sarvārthasādhaka Cakra**

Sarvavyādhivināśinī

The destroyer of all diseases

In the human gross body corresponds to the **Jāṭharāgni** of **Plāvaka.**

vide also **Sarvarakṣākara Cakra**

Sarveśī

The active one

One of the **Vāgdevī**-s corresponding to the mental quality of **Rajas**

vide also **Sarvarogahara Cakra**

Sarveśvarī

vide **Sarvarogahara Cakra**

Sarvonmādiṇī

The intoxicator of all

In the human subtle body corresponds to **Śaṅkhinī Nāḍī**.

vide also **Sarvasaubhāgyadāyaka Cakra**

Sāṣṭāṅga Praṇāma

Prostration of the six limbs

Śāstra

Scripture

vide also **Tantra**

Sat

Being; existence; reality

The **Veda**-s say: The Reality is one, the wise speak of It in different ways (**Ekem Sat Viprā Bahudhā Vadanti**)

vide **Sat Cit Ānanda**, **Śiva Śakti**, **Svarūpa**

Ṣaṭ Cakra Bheda

Piercing the six **Cakra**-s as a process towards attaining spiritual liberation (**Nirvana**)

Sat Cit Ānanda

The triad Existence-Consciousness-Bliss, a state reached through **Dharmamegha Samādhi** as the experience of united attributes of **Ātman**

It is a parallel concept with the **Indra Agni Soma** from the **Veda**-s (vide **Indra Agni Soma Sūrya**) therefore the **Dharmamegha Samādhi** becomes the **Jñāna**, in Vedic terms is a **Sūrya** expression.

vide **Saccidānanda**, **Tadākārāpatti**

Satī

A spouse of **Śiva**

vide **Devī**, **Pīṭha**

Ṣaṭkarma

Lit. 'six actions'

The six magical rites in the **Tantra**-s; the six yogic processes of purification

The **Ṣaṭkarma**-s as magical rites are **Śāntikarma**, **Stambhaṇakarma**, **Vaśikaraṇakarma**, **Vidveṣaṇakarma**, **Uccāṭanakarma**and **Māraṇakarma**. They are associated with specific deities, **Bīja Mantra**-s, gross elements, colours or compass directions. The **Sādhanā** of the five malefic magical rites is considered to be a lower form of spirituality and such practices are not a vehicle of enlightenment.

As yogic processes of purification, the **Ṣaṭkarma**-s are **Dhauti**, **Basti**, **Neti**, **Nauli**, **Trāṭaka** and **Kapālabhāti**. Their practice results in acquiring **Śodhana**.

vide also **Nigrahahoma**, **Yogamāyā Sādhana**

Satkāryavāda

In **Sāṃkhya** the concept that every **Kārya** potentially exists in its **Kāraṇa**

Satsaṅga

A gathering to discuss spiritual themes

Sattva

Lit. 'reality; true essence'

The quality of purity, equilibrium and rhythm

It is one of the three **Guṇa**-s

vide also **Sarvarogahara Cakra**, **Sarveśī**

Sattvasaṃśuddhi

Purity of the heart as one of the twenty-six **Daivīsampat**-s

Sattva Tapas

The purification of **Sattva Guṇa**

vide also **Tapas**

Sattyaṃ Śivaṃ Sundaraṃ

Truth Bliss Beauty

Satya

Lit. 'true; pure'

The quality of being true as one of the five **Yama**-s and one of the twenty-six **Daivīsampat**-s

vide also **Bhūma Vidyā**

Satyakāma Vidyā

The knowledge of **Satyakāma**

A **Veda Vidyā** (one of the thirty-two **Vidyā**-s) describes the knowledge of **Satyakāma Jābāla** about the four **Pāda**-s (namely **Prāna**, **Akṣi**, **Śravaṇa** and **Manas**) leading to the knowledge of **Saguṇa Brahman.**

vide also **Dvātriṃśat Vidyā**

Satyaloka

The highest of the fourteen worlds known also as **Brahmaloka**

It is the abode of **Brahmā**, the heaven of truth and the accomplishment of **Viveka**

vide **Loka**, **Sahasrāra Cakra**

Satyapratiṣṭhā

A state in which **Satya** is firmly established

A **Yogī** possessing **Satyapratiṣṭhā** will have the power to accomplish actions by words or thoughts.

Satya Yuga

An age of the world consisting of 1,728,000 years

vide **Yuga**

Saubhāgya

Good fortune, success

Śauca

Physical and mental purity as one of the five **Niyama**-s and one of the twenty-six **Daivīsampat**-s

Purity is an essential condition before awakening of energies that will amplify the qualities of various planes either positive or negative in colour.

vide also **Śaucapratiṣṭhā**

Śaucapratiṣṭhā

A state in which **Śauca** is firmly established

A **Yogī** possessing **Śaucapratiṣṭhā** develops detachment towards one's own body and non-attachment to others.

Saumya Homa

Homa for the benefit of a certain person

Saundaryalaharī

vide **Śaṅkara**

Śava

Corpse

Savicārā Samādhi

*Lit. '**Samādhi** with **Vicāra**'*

A stage of **Samādhi** in which the consciousness is experienced as reflection of the form as state of **Vicāra**

vide also **Savikalpā Samādhi**

From **Savicārā Samādhi** onwards the **Draṣṭa** is able to experience **Pratyabhijñā.**

Savikalpā Samādhi

*Lit. '**Samādhi** with **Vikalpa**'*

A **Sabīja** form of **Samādhi** in which there is still duality between **Jñātā** (the One who knows) and **Jñeya** (object of knowledge) becoming one only in **Nirvikalpā Samādhi**

Savikalpā Samādhi is of four kinds namely **Savitarkā**, **Savicārā**, **Ānanda** and **Asmitā** as experiences with a form of **Vikalpa**.

Savitarkā Samādhi

*Lit. '**Samādhi** with **Vitarka**'*

The first stage of **Samādhi**, a state when consciousness alternates between **Śabda** (as word), **Artha** (as object of senses) and **Jñāna** (as meaning), as expression of **Vitarka** state

vide also **Savikalpā Samādhi**

Savitṛ

Sūrya, the Sun God; power as one of the twelve **Āditya**-s

vide also **Gāyatrī**, **Savitṛ Satyaprasava**

Savitṛ Satyaprasava

Savitṛ of continuous virtue or truth

One of the eight **Devasū**-s, an aspect of **Savitṛ**

Sāvitrī

vide **Gāyatrī**

Sāyujya

The state in which the devotee realizes identity with the Divine

vide also **Ātma Rati**

Śeṣa

vide **Ananta**

Śeṣanāga

vide **Ananta**

Setu

Bridge

Sevā

Personal service to **Guru**

Sevaka

Servant; a person engaged in service to God

Siddha

Perfect being; saint; one possessing **Siddhi**-s; a **Yogī** established in **Dharmamegha Samādhi**

Siddhāntācāra

The final aim doctrine of **Tantra**

A Tantric path based on meditation performed in an isolated environment.

Siddhapīṭha

A symbol of creation as attribute of the **Devī** denoting perfection; a place where a high spiritual person attained **Siddhi**-s

The **Catuṣpīṭha**-s (the four **Pīṭha**-s) are considered to be **Siddhapīṭha**-s as well.

Siddhārtha

Lit. 'one who has fulfilled the goal'

A name of **Buddha Gautama**

Siddhāsana

The perfect **Āsana**

Siddhaugha

Lit. 'the perfect teachers'

Three aspects of **Śiva** as part of **Navanātha-**s represented in the human body by the two eyes (**Netra**) and the genital organ (**Upastha**)

The **Siddhaugha**-s are Śrī Jñānānanda, Śrī Satyānanda and Śrī Pūrṇānanda.

Siddhi

Power resulting from **Yoga**; power of intellect

There are eight major **Siddhi** (vide **Aṣṭasiddhi**) and many minor **Siddhi**-s viz. **Vedha**, **Nidhi**, **Añjana**, **Pādukā**, **Bila**, **Khaḍga**, **Ākarṣaṇa**, **Vaśya**, etc. Their acquisition requires **Amṛtāpūrṇa** (purity of mind). **Siddhi**-s are gifts of **Kuṇḍalinī** and it is the consciousness itself through **Añjanatā** which identifies with the object, quality or manifestation by using a specific state known as **Saṃyama**.

vide also **Utkrānti**, **Vibhūti**

Śilpi Yogī

A **Yogī** artist using art for spiritual growth towards **Yoga**

Siṃhāsana

The lion **Āsana**; the lion's throne

Śirovrata

Lit. 'fire devotion'

The rite of carrying fire on the head as symbol of opening the head to higher consciousness

This is also a kind of **Śaiva** initiation (according to **Sūta Saṃhitā**).

vide also **Vrata**

Śiṣya

(from the Sanskrit root **Śās** i.e. to teach)

Lit. 'one who is to be taught'

Disciple of spiritual teaching

vide also **Guru**

Śīta

Lit. 'cold; cool'

The mental activity of being calm, unmoved

vide also **Sarvarogahara Cakra, Vaśinī**

Śītā

The wife of **Rāma** (vide)

Śītalī

Lit. 'causing coolness'

In **Haṭha Yoga** one of the eight major kinds of **Prāṇāyāma**

Śītkārī

*Lit. 'causing the sound **Śīt**'*

In **Haṭha Yoga** one of the eight major kinds of **Prāṇāyāma**

Śītkrama

Yogic technique of taking water through the mouth and expelling it through the nostrils as one of the three **Kapālabhati**-s

Śiva

Lit. 'in whom all things lie; auspicious'

Lord **Śiva** one of the Hindu trinity as **Rudra**, the destroyer

His various names indicate particular states, qualities and manifestations of the Self in its descent towards the many. Many of His names are given in the **Puraṇa**-s like **Agni**, **Padma**, **Kūrma**, **Śiva**, **Vāmana**, etc., as well as in **Śiva Sahasranāma** (one thousand names of **Śiva**). His abode is Mount **Kailāsa** (vide). Lord **Śiva** promulgates His teachings in works as **Yāmala**, **Dāmara**, **Śiva Sūtra** and **Tantra**-s. He is the first devotee of **Śrī Vidyā** and the original **Guru** (**Ādinātha**). As **Rudra**, **Śiva** brings about the destruction of the ego (**Ahaṃkāra**) and transformation. In His representations **Śiva**'s third eye is a symbol of spiritual wisdom, the tiger skin represents the slain of the tiger of lust, the snakes are symbol of vital energy.

vide also **Brahman**, **Paramaśiva**, **Śiva Śakti**, **Trimūrti**

Śivadūtī

Śiva-s messenger; one of the many names of **Devī**

vide also **Dūtī**

Śivaliṅga

*Lit. ' mark of **Śiva**'*

An oval-shaped form representing the pure consciousness of **Śiva**; the cosmic universal mind (**Cidākāśa**); a symbol of **Śiva** or **Śiva Śakti** principle

Śivaliṅga-s can be of three kinds according to their **Rūpa**-s viz. **Dhūmraliṅga**, **Itaraliṅga** and **Jyotirliṅga**. At one end of the form is time (**Kāla**) representing **Śiva**, at the other end is space (**Ākāśa**) representing **Śakti**, in the centre is **Bindu**, the place of union.

vise also **Brahmāṇḍa**

Śivarātri

*Lit. '**Śiva**'s night'*

A festival in honour of **Śiva**. Esoterically **Śivarātri** is the day when **Jīva** realizes own true nature.

Śiva Śakti

Dual principal of **Śiva** and **Śakti**

vide also **Tantra**, **Kṣudra Brahmāṇḍa**, **Śaktimān Śakti**

Śiva Śakti is **Brahman.** From Tantric point of view **Śiva** is time (**Kāla**) and pure consciousness, **Śakti** is space (**Ākāśa**) and the kinetic energy of the pure consciousness, i.e. the Absolute as activity. **Śivatattva** and **Śaktitattva** are really one as static and kinetic aspects of the same Reality (**Sat**). This principle pervades the whole universe as dual form of polarity (vide **Śivaliṅga** for symbol). In the human body (**Piṇḍāṇḍa**), **Śakti** takes the main form as **Devī Kuṇḍalinī** in **Mūlādhāra Cakra** and **Śiva** as **Jyotirliṅga** in **Śahasrāra Cakra.**

vide also **Tantra**, **Kṣudra Brahmaṇḍa**, **Śaktimān Śakti**

Śivatattva

The **Tattva** of Pure Consciousness (**Cit**)

vide also **Śiva Śakti**

Śivayogī

A **Yogī** follower of **Śiva**

Śivayuvatī

*Lit. '**Śiva**'s young woman'*

The five downwards-pointed triangles representing the **Śakti** in the **Śrī Yantra**

vide also **Śrīkaṇṭha**

Skanda

Lit. 'the jumping one'

A name for **Kārttikeya**, the God of war, a son of Lord **Śiva**

Śloka

Verse of a sacred text

Smara

Lit. 'loving recollection; love'

One of the names of **Kāmadeva** (the God of love) as one who keeps the memory of a love experience

Smarana

One of the nine **Aṅga**-s of **Bhakti Yoga** as devotional act of remembering the Divine

Śmaśāna

Cremation ground, crematorium, a place to bury; an oblation to deceased ancestors; a place of performing certain Tantric practices

Smaya

Pride

vide also **Pañcāgni**

Smṛti

Memory as one of the five **Cittavṛtti**-s

Smṛtyākarṣiṇī

The attractive power of **Smṛti**

vide also **Sarvāśāparipuraka Cakra**

Ṣoḍaśī

The third of the **Mahāvidyā**-s represents the power of perfection.

Ṣoḍaśī is also the sixteen-syllables **Mantra** which has to be learned from a **Guru** or might be revealed to a devotee in various ways.

Śodhana

Purification of the body as a result of practicing **Ṣaṭkarma**-s as yogic processes of purification

Soham

Lit. 'he I am'

A **Mantra** to identify oneself with **Śiva**; the reverse of **Haṃsaḥ**

It is also known as **Ajapā Gāyatrī.**

vide also **Sāham**, **Ajapā Japa**

Soma

Lit. 'juice'

The **Soma** plant and its juice; the drink of gods

Personified as an important Vedic deity **Soma** is identified with the moon and any form of **Amṛta.** Esoterically **Soma** is the state of happiness and divine intoxication, the **Ānanda** of **Sat Cit Ānanda**, the three attributes of **Ātman**.

vide also **Indra**, **Agni**, **Soma**, **Sūrya**

Soma Cakra

vide **Sahasrāra Cakra**

Soma Rasa

The juice of the **Soma** plant known also as **Amṛta**

Somasavana

Lit. 'that which exudes nectar'

vide **Paryaṅka Vidyā**

Soma Vanaspati

Soma the lord of loveliness; the essence of happiness

One of the eight **Devasū**-s, an aspect of **Soma.**

Sopakrama Karma

The active **Karma** with fruits in the present

vide also **Aparātajñāna**, **Prārabdha Karma**

Śoṣaka

The **Jāṭharāgni** (digestive fire) of removing the humours (**Doṣa**-s)

vide also **Sarvaiśvaryapradā**

Sparśa

Touch

vide **Tanmātra**

Sparśākarṣiṇī

The attractive power of **Sparśa**

vide **Sarvāśāparipuraka Cakra**

Sparśa Saṃvit

Divine touch as a supernormal power (**Siddhi**)

Sparśatattva

The **Tattva** of **Sparśa**

Sphoṭa

The subtle sound or vibration out of which the world was created

Śraddhā

Lit. 'that which holds the truth'

Faith; the quality of being faithful

vide also **Bhūma Vidyā**

Śrāvaṇa (also Śravaṇa)

The month corresponding to parts of July/ August (vide also **Māsa**); the sense of supernormal hearing; one of the nine **Aṅga**-s of **Bhakti Yoga** as the devotional act of listening to Holy Scriptures

vide also **Prātibha**

Śrī

Holy

Śrī Cakra

Lit. 'holy wheel'

vide **Śrī Yantra**

Śrīkaṇṭha

Lit. 'holy desire'

The four upwards-pointed triangles representing the **Śiva** element in the **Śrī Cakra.**

vide also **Śivayuvatī**

Śrīṃ

Lakṣmī Bīja Mantra

Śrīman Nyāsa Vidyā

The knowledge of consecration to God

A **VedaVidyā**, one of the thirty-two **Vidyā**-s refers to the path of **Saṃnyāsa** (renunciation) as leading to the knowledge of **Saguṇa Brahman**.

vide also **Dvātriṃśat Vidyā**

Śrīmātā

The Holy Mother as one of the sacred names of **Devī**

Śrī Pura

vide **Śrī Yantra**

Śrī Vidyā

Holy Science

vide **Śrī Yantra**

Śrī Vidyā Mantra

vide **Pañcadaśī**

Śrī Yantra

The most celebrated of all **Yantra**-s it is the graphical representation of **Sṛṣṭikrama** and its reverse the **Layakrama**. Its manifestation is the development and the absorption of the outer universe (**Brahmāṇḍa**) as well as the inner universe (**Piṇḍāṇḍa**) on nine levels. The graphical representation is subject to meditation of various forms, the object of the **Śrī Yantra** is to realize the unity of **Jñātā** (who is **Hotra**), of **Jñāna** (which is **Arghya**) and of **Jñeya** (which is **Havi**). The deity worshipped at the centre (**Bindu**) of the **Śrī Yantra** is **Lalitā**. It is also known as **Śrī Cakra**, **Śrī Pura**, **Navayoni Cakra**, **Śrī Vidyā**, etc. The nine levels of **Cakra**-s towards the centre are **Trailokyamohana**, **Sarvāśāparipuraka**, **Sarvaśaṃkṣobhaṇa**, **Sarvsaubhāgyadāyaka**, **Sarvārthasādhaka**, **Sarvarakṣākara**, **Sarvrogahara**, **Sarvasiddhiprada** and **Sarvānandamaya**.

Śṛṇgāra

Lit. 'love; the erotic sentiment'

Love as one of the **Rasa**-s (vide)

Śrotra

Organ of hearing, the ear

vide also **Jñānendriya**

Śrotratattva

The **Tattva** of **Śrotra**

Sṛṣṭi

A work of creation

vide also **Mūla Trikoṇa**, **Tantra**, **Saṃhāra**

Sṛṣṭi applies also to the creation of the physical universe (**Brahmāṇḍa**) as opposed to **Pralaya** (dissolution)

Sṛṣṭikrama

Going towards creation

The action opposed to **Layakrama**. In the **Śrī Yantra** the direction from **Bindu** to **Trailokyamohana**.

Sṛṣṭi Sthiti Saṃhāra

Creation-preservation-dissolution as manifestation of **Trimūrti** of **Śakti** expression

Śruti

Knowledge received by revelation from the Divine

Veda-s are considered to be **Śruti**-s

Stambhaṇakarma

Lit. 'action of stopping or arresting'

One of the **Ṣaṭkarma**-s, which gives the power of preventing or arresting somebody's bodily or mental actions

It is one of the five malefic magical rites in the **Tantra**-s

Stana

The female breast

Stanapīṭha

A symbol of creation as attribute of the **Devī** in the **Stana** form

vide also **Pīṭha**

Stava

Hymn

Sthairya

Steadiness, firmness, being motionless (same as **Sthiratā**)

Sthiratā

Steadiness as a result of practicing **Mudrā**-s

vide also **Sthairya**

Sthitaprajña

Lit. 'firm in wisdom'

A spiritual stage synonym to that of a **Jivanmukta**, or a person who is established in it

Sthiti

A work of preservation

vide also **Mūla Trikoṇa**

Sthūla

Gross, physical

vide also **Rūpa**

Sthūladhyāna

The gross form of meditation

Sthūla Karma

Gross action produced by thoughts (vide **Karma**)

vide also **Sūkṣma Karma**

Sthūlākāśa

The space pervading the physical (gross) body

Sthūla Karma

Gross action caused by the **Sūkṣma Karma**

Sthūla Mahābhūta

vide **Bhūta**

Sthūla Rūpa

Gross form

vide also **Rūpa**

Sthūla Śarīra

The gross (physical) body

Stotra

Prayer; hymn of spiritual nature

Strī

Woman, female

Strīmantra

A female **Mantra** (i.e. a **Mantra** ending with **Svāhā**)

Styāna

The state of dullness as one of the nine **Citta Vikṣepa**-s

Śubhāgama Pañcaka

The five authoritative scriptures of **Samaya** doctrine i.e. **Sanaka**, **Sananda**, **Sanatkumāra**, **Śuka** and **Vasiṣṭha**

Subrahmaṇya

*Lit. 'the one dear to **Brāhmaṇa**'*

In the **Veda**-s a helper priest assisting the **Udgātṛ** priest

Sudarśana Cakra

Viṣṇu's discus, as sun's symbol, and invincible weapon

Śuddha Bhakti

The purity of **Bhakti** as a necessary condition to develop a relationship with God

Śuddhāśuddhatattva

The pure-impure **Tattva**-s i.e. the seven **Tattva**-s from **Mahātattva** down to **Puruṣatattva** (vide **Tattva**)

Śuddhatattva

The pure **Tattva**-s i.e. the five **Tattva**-s from **Śivatattva** down to **Śuddhavidyātattva** (vide **Tattva**)

Śuddhavidyātattva

The **Tattva** of **Kriyā Śakti** (the energy of action)

Śuddhi

Purification; element of purification as opposed to **Aśuddhi**

vide also **Cittaśuddhi**, **Pariśuddhi**

Sudhā

Spiritual nectar as the beverage of the Gods

Śūdra

One of the **Varṇa**-s in the Vedic tradition consisting of servants

Śuka

vide **Samaya**

Sukha

Lit. 'pleasant, joyful, happy'

The mental activity of being delighted

vide also **Sarvarogahara Cakra**, **Modinī**

Śukla Karma

The good **Karma** as one of the three accumulated **Karma**-s

Śukra

Semen virile

vide **Dhātu**

Śukra is also the name for the planet Venus (vide **Navagraha**) as well as the name for the guru of demonic beings.

Sūkṣma

Subtle

Sūkṣmadhyāna

The subtle form of meditation

Sūkṣma Karma

Subtle action caused by thoughts (vide **Karma**)

vide also **Sthūla Karma**

Sūkṣma Rūpa

Subtle form

vide also **Rūpa**

Sūkṣma Śarīra

The subtle body known also as **Liṅga Śarīra**

vide **Śarīra**

Sūkṣmodaya

The awakening of the subtle plane, a state in which the consciousness is active in the **Svapna** condition

Sūkta

Lit. 'well said'

Vedic hymn

Śūnya

Void

Śūnya Mudrā

The gesture of the void

Śūnyaka

Emptiness

Śūnyāta

Void

Supta

Sleeping

Surabhi Mudrā

The gesture of charming

Sūrya

The sun or its deity; the **Devatā** of **Piṅgalā Nāḍī**; the right nostril

One of the gods of the Vedic trinity, **Sūrya** presides over the sky, while **Agni** is on the earth and **Indra** in the atmosphere. **Sūrya** is also one of the **Navagraha**-s and the source of energy within all creatures on earth. Esoterically is the psycho-cosmic principle of light and the experience and knowledge of consciousness, the immanent Godhead.

vide also **Savitṛ**, **Āditya**, **Ravi**, **Veda**, **Agni Sūrya Indra**

Sūrya Bheda

Lit. 'causing sun expansion'

In **Haṭha Yoga** one of the eight major kinds of **Prāṇāyāma**

Sūryadvāra

The passage of the sun

Sūryākāśa

The fifth of the **Vyoma Pañcaka**-s described as the space of the sun

Sūryakhaṇḍa

Group containing **Maṇipūra** and **Anāhata Cakra**-s and **Viṣṇugranthi**

The presiding deity is **Sūrya**, the **Guṇa** is **Rajas** and corresponds in the cosmic planes to **Maharloka** and **Janarloka**.

Sūryamaṇḍala

Sun's disc

Sūrya Nāḍī

A synonym for **Piṅgalā Nāḍī**

Śuṣka Basti

The dry **Basti** as one of the two **Basti**-s

Suṣumnadvāra

The passage of **Suṣumnā**

Suṣumnā Nāḍī

The **Nāḍī** connected to the back of the forehead running along the vertebral column, the passage for **Kuṇḍalinī Śakti**

It is the most important **Nāḍī** in the human subtle body. It is also known as **Śūnya Padavī**, **Madhya Mārga**, etc.

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvadvandvakṣayaṅkarī**, **Agni**, **Nirañjanā**

Suṣupti

The **Avasthā** of deep sleep associate with a specific **Vṛtti** (vide **Suṣupti Vṛtti**)

In this state the **Jīva** consciousness is in the causal body (**Kāraṇa Śarīra**) and the perception of consciousness is undifferentiated therefore beyond the experiences of **Jīgrat** and **Svapna** states. This is the state of bliss (**Ānanda**) leading to the fourth state called **Turīya.**

Suṣupti Vṛtti

The condition of the deep sleep state associated in the mind with the Delta brain waves

vide also **Avasthā**, **Vṛtti**

Sutalaloka

vide **Loka**

Sūtra

Lit. 'thread'

Aphorism, short sentence or a book of aphorisms (i.e. the author's thoughts hang as beads on a thread)

Suvīta (also Suvita)

In the **Veda**-s the path of prosperity; a happy journey

Svadhā

Lit. 'self-nature'

A Vedic **Mantra** as expression of the Self

vide also **Dhenu**

Svadharma

One's own **Dharma**

Svādhiṣṭhāna Cakra

*Lit. 'own residence **Cakra**'*

The **Cakra** located at the base of the vertebral column where the coccyx bone is situated

This **Cakra** is associated with the **Jñānendriya** of **Jihva**, the **Karmendriya** of **Upastha**, the **Tanmātra** of **Rasa**, it is the centre for **Vyāna Vāyu** and the seat of **Prāṇamaya Kośa**, the level of awareness is **Bhuvarloka**.

vide also **Rākiṇī**

Svādhyāya

Lit. 'own study'

Study of **Śāstra**-s as one of the five **Niyama**-s and one of the twenty-six **Daivīsampat**-s; the analysis of one's own self; recitation of **Mantra**-s

vide also **Upāsana**

Svādhyāyapratiṣṭhā

A state in which **Svādhyāya** is practiced and the observation of one's own self experienced

A **Yogī** possessing **Svādhyāyapratiṣṭhā** will be able to experience the union with a desired **Devatā.**

Svāhā

Lit. 'self-affirmation'

The final word of a **Mantra** for a goddess

vide also **Strīmantra**, **Dhenu**

Svāmi (also Svāmin)

Lit. 'master of one's self'

A particular kind of **Sannyāsin** as result of a specific initiation (**Dīkṣā**)

Svapna

Lit. 'dreaming'

The **Avasthā** of dreaming associated with a specific **Vṛtti** (vide **Svapna Vṛtti**)

In this state the **Jīva** consciousness is in the subtle body (**Sūkṣma Śarīra**) and the perception is mental only.

Svapna Jñāna

The state of conscious dreaming

Svapna Vṛtti

The condition of the dreaming state associated in the mind with the Theta brain waves

vide also **Avasthā**, **Vṛtti**

Svara

Sound; air breathed through the nostrils; tone in recitation; a note of the musical scale

vide also **Oṃ**

Svara Sādhana

Kind of **Sādhana** (practice) using the seven notes of the musical scale, each note being related to one of the seven major **Cakra**-s

vide also **Nāda Yoga**

Svara Yoga

The **Yoga** of breathing cycle

Svarga

Leading to heaven

Svarloka

The region between the sun and polar star as **Indra**'s heaven

Svarūpa

Lit. 'own form'

Essential nature of a deity; the form of Reality (**Sat**)

Śvāsa Praśvāsa

Lit. 'inspiration-expiration'

The activity of agitated breath

As one of the four **Vikṣepasahabhū**-s it is connected to the **Annamaya Kośa**.

Svasti

Happiness; kind of salutation (like "Hail!")

Svastika

A kind of cross as symbol of being auspicious and bringing good luck

It is considered to be a simplified symbol of the sun. As a **Mudrā**, it is performed by crossing arms and hands on chest. For example the folded hands of **Pārvatī** (vide).

Svastikāsana

The auspicious **Āsana**

Svayambhū Liṅga

(from **Svayambhū** i.e. self-created)

vide **Dhūmra Liṅga**

Śvetabindu

The point of pure thought (vide **Bindu**)

Śvetabindu is one of the three **Parābindu**-s representing the **Śiva Māyā** as well as the **Jñāna Śakti** as manifestations.

Śvetaketu

vide **Sad Vidyā**

Syādvāda

The doctrine of probability

Śyāma

Lit. 'of dark or dark-blue complexion'

A name of **Śiva**; the sacred fig-tree at **Prayāga**

T

Tāḍāgī Mudrā

The tank **Mudrā** as one of the **Mudrā Bandha**-s

Tadākārāpatti

Lit. 'accomplishment of own form'

The supreme awareness, the highest state of **Samādhi**, the experience of **Sat Cit Ānanda** or pure awareness

Taduparāga

The reflection of the object in the mind as a cognitive process

vide also **Citta**

Talātalaloka

vide **Loka**

Tamas

Lit. 'darkness, inertia'

The quality of ignorance, inertia and stagnation

It is one of the three **Guṇa**-s.

vide also **Sarvarogahara Cakra**, **Kaulinī**

Tamas Tapas

The purification of **Tamas Guṇa**

vide also **Tapas**

Tāmbūla

Betel (scientifically known as Piper Betel), an article used in ritual offering

Tamoguṇa

The quality of ignorance

vide also **Tamas**, **Guṇa**

Tanmātra

Lit. 'element of extension'

Subtle element (essence, quality) of the human body; subtle form of matter; senses

Known also as **Sūkṣma Mahā Bhūta**-s, there are five **Tanmātra**-s namely **Śabda** (sound), **Sparśa** (touch), **Rūpa** (form, sight), **Rasa** (taste, flavour), **Gandha** (smell, odour), produced from the **Tamas Guṇa** of **Prakṛti** and are parts of the thirty-six **Tattva-**s. **Tanmātra**-s are considered to have a subatomic structure and be the constituents of atoms (**Aṇu**-s).

vide also **Bāna**, **Aṇu**

Tanmātra Samādhi

Awareness of the senses as a lower stage of **Samādhi**

Tantra

Lit. 'liberation through extension'

(**Tan** means to extend, stretch, spread; **Tra** means threefold and stands for liberation, as the path to liberation is threefold. In other words the meaning of the word **Tantra** is to expand consciousness and liberate energy, which has the same significance as **Brahman** in the **Veda**-s)

System, doctrine, teaching, science

Some texts equate **Tantra** with **Atharva Veda. Tantra** is considered to be the scripture (**Śāstra**) of the **Kali Yuga.** Many of the **Tantra-**s called **Āgama**-s are thought to the world by Lord **Śiva** in the form of dialogues between Him and **Devī** as **Durgā** or **Pārvatī.** When the dialogue is addressed by **Pārvatī** to **Śiva**, the form of **Tantra** is called **Nigama.** Another form of **Tantra** is **Yāmala.**

The doctrine of **Tantra** emphasizes on unity in duality and duality in unity, the ultimate Reality being both static (**Śiva** as **Prakāśa** aspect) and dynamic (**Śakti** as **Vimarśa** aspect). **Tantra** treats five subjects: the creation of the world, the absorption of the world, the worship of gods, the attainment of desires, the union with the Divine.

The Indian **Tantra** and other similar practices developed in many parts of the world have evolved from taboos, superstitions and agricultural rituals of the primitive people. Even the **Ṛg Veda** contains chants to ensure success in agriculture. The symbolism of **Tantra** is in the form of animal or human figures.

The five systems of **Tantra** are: **Dakṣiṇācāra**, **Vāmācāra**, **Vedācāra, Siddhāntācāra** and **Yogācāra.**

In Tantra seven ways of spiritual life are distinguished namely **Vedācāra**, **Vaiṣṇavācāra**, **Śaivācāra**, **Dakṣiṇācāra**, **Vāmācāra**, **Siddhāntācāra** and **Kulācāra.**

Tantric symbols are found in the Indus Valley Civilization (c. 3000 BCE) on non-Indo-Aryan origin, however many later Tantric practices are based on Vedic practices (including those from **Upaniṣad**-s and **Purāṇa**-s). It can be said there is a closed connection between **Tantra**-s and **Veda**-s as parallel concepts.

Traditionally there are sixty-four **Tantra**-s as mentioned by **Saṇkara** in his work **Saundaryalahari.** The principal sects or branches of **Tantra** are **Śaiva**-s (worshippers of **Śiva**), **Vaiṣnava**-s (worshippers of **Viṣṇu**) and **Śākta**-s (worshippers of **Śakti**).

Tantra Anuṣṭhāna

The **Anuṣṭhāna** related to practices of **Tantra**

Tantra Sādhaka

vide **Sādhaka**

Tantra Sādhana

The practice of **Tantra**

It covers a very wide range of practices. There are four kinds of initiations in the **Tantra Sādhana** namely **Paśyācāra**, **Vīrācāra**, **Mahāvidyā**-s and **Brahmayoga.**

Tantrāsana

Tantric posture using the sexual energy in order to unfold and experience higher awareness

Typical Tantric postures are **Cakrāsana**, **Puhapakāsana**, **Yoni Āsana**, **Padmāsana**, **Siddhāsana**, **Viparitarati Āsana**, **Rati Āsana**, **Jānujugmāsana**, **Bhagāsana.**

Tantraśāstra

The doctrine of **Tantra**

Tantra Śāstrādhikāra

Competency for **Tantra**

It is fully described in **Gandharva Tantra** (vide **Sādhaka** for conditions of competency).

vide also **Adhikārin**

Tantra Tattva

The principles of **Tantra** as awareness, meditation and acceptance

Tantrī

The Indian lute or **Vīṇā**

Tāntrika

*Lit. 'relating to **Tantra**'*

A follower of the **Tantra** doctrine

Tāpa

Lit. 'pain'

Anxiety accompanying an action (**Karma**)

Taparloka

vide **Loka**

A **Loka** inhabited by deified **Vairāgin**-s, the level of awareness before **Satyaloka.**

Tapas (also Tāpasya)

(from **Tap** i.e. to shine, to produce energy)

A process of self-purification as one of the five **Niyama**-s and one of the twenty-six **Daivīsampat**-s

There are three kinds of **Tapas** acting on different levels on the human body viz. **Sattva Tapas**, **Rajas Tapas** and **Tamas Tapas**.

vide also **Loka**

Tāpasa

Ascetic as practitioner of various **Tapas**

Tāpaspratiṣṭhā

A state acquired by practicing **Tapas**

A **Yogī** possessing **Tapaspratiṣṭhā** will have own impurities destroyed and a healthy body.

Tāpasya

vide **Tapas**

Tāpasya Anuṣṭhāna

The **Anuṣṭhāna** related to observance of **Tāpasya**-s.

Tārā

The second of the **Mahāvidyā**-s represents the power of spiritual aspiration

Tāraka

Lit. 'that which enables to go over'

The knowledge which liberates; a synonym for **Praṇava**; a name for **Brahman** as cause of liberation; a kind of **Mudrā**

Tarpaṇa

A kind of ceremony when libations of water are presented to gods or deceased people in order to satiate them. **Tarpaṇa** employs also the performance of specific **Mantra**-s.

Tat

Lit. 'that'

The Supreme Reality beyond any identification

Tat Sat

Lit. 'that which is'

Another name for the Supreme Reality

Tattva

Lit. 'essence, reality'

Cosmic principle; true state; essential element

In the **Tantra**-s there are thirty-six **Tattva**-s namely: **Śivatattva**, **Śaktitattva**, **Sadāśivatattva**, **Īśvaratattva**, **Śuddhavidyātattva**, **Māyātattva**, **Kalātattva**, **Vidyātattva**, **Rāgatattva**, **Kālatattva**, **Niyatitattva**, **Puruṣatattva**, **Prakṛtitattva**, **Buddhitattva**, **Ahaṃkāratattva**, **Manastattva**, **Śrotratattva**, **Tvaktattva**, **Netratattva**, **Jihvatattva**, **Ghrāṇatattva**, **Vāktattva**, **Upasthatattva**, **Pāyutattva**, **Pāṇitattva**, **Pādatattva**, **Śabdatattva**, **Sparśatattva**, **Rūpatattva**, **Rasatattva**, **Gandhatattva**, **Ākāśatattva**, **Vāyutattva**, **Tejastattva**, **Aptattva**, **Pṛthivītattva**.

The thirty-six Tantric **Tattva**-s are divided into three kinds: pure (**Śuddhatattva**), pure-impure (**Śuddhāśuddhatattva**), and impure (**Āśuddhatattva**).

Tattva Cintana

Reflection on supreme consciousness as one of the two sides of the Indian philosophy, the other one being **Tattva Darśana**

Typical forms are the **Ṣad Darśana**-s as intellectualised systems to approach the supreme reality through knowledge.

Tattva Darśana

Perception of the supreme consciousness as one of the two sides of the Indian philosophy, the other one being **Tattva Cintana**

It is the experiencing of the supreme reality beyond the intellect, a typical form being **Nirbīja Samādhi**, i.e. the experience of **Nirguṇa Brahman.**

Tattvajñāna

Knowledge of the reality

Tattvākāśa

The fourth of the **Vyoma Pañcaka**-s described as the elemental space

Tattvamasi

Lit. 'that you are'

A celebrated statement from the **Chāndogya Upaniṣad** expressing the identity between **Ātman** and **Jīvātman** or the potentiality of the human being to be able to identify with the Divine

Tejas

Fire, light; form of **Agni**

vide also **Bhūta**

The word **Tejas** has a wide range of significance (related also to the acquisitions from the fire) like vital power, magic power, the heating level of the human body, clearness of the eyes, the brightness of the human body, glow of the body, vitality, brilliance of the mind. **Tejas** is both the yogic fire which is the same as the celestial fire (**Cidagni**). As vigour is one of the twenty-six **Daivīsampat**-s. The esoteric expression of **Tejas** is the consciousness, in Vedic terms **Agni**.

Tejasa

The Soul in the **Sūkṣma Śarīra** (subtle body)

vide also **Jīvātman**

Tejastattva

The **Tattva** of **Tejas**

Known also as **Vahnitattva**

Tejomāyā Puruṣa

The mental consciousness in the state of dream as kind of **Puruṣa** in the subconscious mind

Tilaka

A ritual mark on the forehead to designate one's sect

Tīrtha

A place of pilgrimage on the banks of a sacred river; a holy place

Tīrtha-s could be in outer as well as the inner forms in the human body. **Laghu Yoga Vasiṣṭha** does mention thirty-six **Tīrtha**-s (holy places) in the body where worship should be performed in the form of meditation.

Tīrthaṅkara

Kind of teacher

Titka

Bitter, one of the essential tastes (**Rasa**-s)

Tīvrasaṃvega

Intensity of the eagerness towards spiritual realization

For an aspirant there are three **Tīvrasaṃvega**-s namely **Mṛdu**, **Madhya** and **Adhimātra**.

vide also **Saṃvega**

Toya

Water

vide also **Bhūta**

Toyatattva

vide **Aptattva**

Trailokyamohana Cakra

Lit. 'the wheel enchanting the three worlds'

The Yellow Surround Wheel of the **Śrī Yantra** presided by **Tripurā Śakti**

It consists of a square with four gates (forming the plan of earth named **Bhūpura**) and three

concentric circles, girdles (**Mekhalā**), the space between forming the **Traillokyamohana**.

Trāṭaka

Yogic technique of fixing the eyes on one external or internal object or location as one of the **Ṣaṭkarma**-s

vide also **Pratyāhāra**

Tretā Yuga

An age of the world consisting of 1,296,000 years

vide **Yuga**

Triguṇa

The three **Guṇa**-s (vide)

Triguṇāti

Beyond the three **Guṇa**-s

Triguṇātmikā

The **Devī** in the form of **Prakṛti** as composed of the three **Guṇa**-s

Trikoṇa

Lit. 'triangle'

vide **Sarvasiddhiprada Cakra**

Trikūṭi

The joining point of the three main **Nāḍī**-s in the **Ājña Cakra**

vide also **Bhrūmadhya**

Trimūrti

Lit. 'three forms'

The Hindu Trinity consisting of **Brahmā** (the Creator), **Viṣṇu** (the preserver) and **Rudra** or **Śiva** (the destroyer, the one who brings transformation)

Brahmā (**Viriñci**), **Viṣṇu** (**Hari**) and **Rudra** (**Hara**) are the names for functions of the one Universal Consciousness operating within ourselves as well as outside the human body. According to **Kubjika Tantra** there are not **Brahmā**, **Viṣṇu** and **Rudra** who create, maintain and destroy, but their **Śakti**-s as manifestations namely **Brahmāṇī**, **Viṣṇavī** and **Rudrāṇī.** These three forms of functions are present in various degrees in any activity. **Brahmā** as function should be seen in any activity of creation and multiplication, **Viṣṇu** in any activity which stops creation but maintains the already existing status of things, **Rudra** in any activity which stops creation and destroys the existing things through absorption. In terms of spiritual evolution **Rudra**'s function becomes essential as the activity of consciously going back to the source of creation and becoming one is **Yoga** (union).

vide also **Sṛṣṭi Sthiti Saṃhāra**

Tripurā

Lit. 'she who is threefold'

An aspect of **Devī**

The **Kālikā Purāṇa** says: "She has three angles as well as three circles and her **Bhūpura** is three-lined. Her **Mantra** is said to be of three syllables and She has three aspects. **Kuṇḍaliṇī** energy is also threefold in order that She may create the three gods, thus since She is everywhere triple, She is

called **Tripurā**". Tripurārṇava work says: "**Tripurā** means the three **Nāḍī**-s, **Suṣumnā**, **Iḍā** and **Piṅgalā**, it means also **Manas**, **Buddhi** and **Citta**. As **Devī** dwells in these She is called **Tripurā**". **Tripurā** refers also to the three **Bindu**-s at the centre of **Śrī Yantra**.

vide also **Trailokyamohana Cakra**, **Bindu**, **Tripurāntaka**

Tripurā Bhairavī

The sixth of the ten **Mahāvidyā**-s represents the power of destruction as the annihilated power of time of all existence

Tripuramālinī

The Garlanded **Tripurā**

vide also **Sarvarakṣākara Cakra**

Tripurāmbā

The Mother **Tripurā**

vide also **Sarvasiddhiprada Cakra**

Tripurasiddhā

The Perfect **Tripurā**

vide also **Sarvarogahara Cakra**

Tripuraśrī

The Holy **Tripurā**

vide also **Sarvārthasādhaka Cakra**

Tripurāsundarī

The Beautiful **Tripurā**

vide also **Sarvaśaṃkṣobhaṇa Cakra**, **Bindu**

Tripuravāsinī

The Dwelling **Tripurā**

vide also **Sarvasaubhāgyadāyaka Cakra**

Tripurāntaka

Lit. 'the one destroying the three cities'

A name of **Śiva**

The three cities are **Lobha**, **Kāma** and **Krodha**, which are the **Pañcāgni**-s (fires) associated with the three lower **Cakra**-s. Their destruction means the overcoming of these fires and the raise of the level of consciousness above them.

Tripureśi

The Sovereign **Tripurā**

vide also **Sarvāsāparipuraka Cakra**

Triṣṭubh

Eleven syllables as Vedic meter used in addressing the Divine

Triveṇī (vide **Prayāga** for the place of pilgrimage)

The conjunction of the three main **Nāḍī**-s between the eyebrows

In the **Iḍā Nāḍī** dwells **Devī Jamunā**, in the **Piṅgalā Nāḍī** dwells **Devī Gaṅgā**, in the **Suṣumnā Nāḍī** dwells **Devī Sarasvatī**.

Tulasī

Basil; the goddess having this name as an aspect of **Devī**

Commonly known as **Tulsī,** it is a small shrub, a sacred plant venerated mainly by **Vaiṣṇava**-s. It is said the plant **Tulsī** was produced from the hair of the goddess **Tulsī,** a primal expression of goddess **Lakṣmī**.

Tulsī

vide **Tulasī**

Turīya (also Turya)

Ecstatic state, the fourth state of Soul beyond the **Avasthā**-s

It is the highest level of consciousness, the knowledge of and union with **Brahman**.

vide also **Mahā Kāraṇa Śarīra**

Turīyātīta

One who has realised the state of **Turīya**

Turya

vide **Turīya**

Tuṣṭi

Contentment, fulfilment

Tvak

Organ of touch, the skin

vide also **Dhātu**, **Jñānendriya**

Tvaktattva

The **Tattva** of **Tvak**

Tvaritā

One of the **Nitya Śakti**-s

Tvaṣṭṛ

Proficiency in making good things as one of the twelve **Āditya**-s

Tyāga (from Tyaj i.e. to renounce)

Renunciation as one of the twenty-six **Daivīsampat**-s

Tyāgin

One on the path of **Tyaga**

U

Uccāṭanakarma

Lit. 'action of ruining an enemy'

One of the **Ṣaṭkarma**-s which gives the power to ruin and torment an enemy by creating material discomfort, pain, shame, etc.

It is one of the five malefic magical rites in the **Tantra**-s.

Udāna

The **Vāyu** which controls circulation into the body

vide also **Sarvārthasādhaka Cakra**, **Sarvamaṅgalākāriṇī**, **Devasuṣi**, **Utkrānti**

Uddālaka

vide **Sad Vidyā**, **Uddālaka Āruṇi Vidyā**

Uddālaka Āruṇi Vidyā

The knowledge of **Uddālaka Āruṇi**

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s. **Uddālaka Āruṇi** was a renowned **Brāhmaṇa** teacher who had the knowledge of **Ātmā** as being latent in everything. It is given the example of **Vāyu** as being like a thread binding everything in the world and **Prāṇa** like a thread in the human body.

vide also **Dvātriṃśat Vidyā**

Uḍḍī

Lit. 'to fly up; to cause to fly up'

The action or feeling of flying

Uḍḍīyāna Bandha

Lit. 'upwards lock'

The flying up **Bandha** as one of the **Mudrā Bandha**-s

vide also **Bandhatraya**

Uḍḍīyāna Pīṭha

The symbol of creation as attribute of the **Devī** in the middle of the **Sarvānandamaya Cakra**

Known also as **Oḍḍīyāna Pīṭha** (or **Auḍḍīyāna Pīṭha**) it is equated with **Sahasrāra Cakra**.

vide also **Uḍḍī**, **Catuṣpīṭha**

Udgātṛ

One of the four Vedic priests (**Ṛtvija**-s), the one who chants the hymns of the **Sāma Veda**

An **Udgātṛ** is assisted by three other helper priests, viz. **Prastotṛ**, **Pratihartṛ** and **Subrahmaṇya**.

Udgāraka

The **Jāṭharāgni** (digestive fire) of belching (vomiting)

vide also **Sarvapāpaharā**

Udgītha

Lit. 'to chant aloud'

The chanting of **Sāma Veda** by the **Udgātṛ** priest; the chanting of **Oṃ Mantra**; a general name for the **Sāma Veda.**

Udgītha Vidyā

The knowledge of **Praṇava Oṃ**

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s, which deals with the chanting of the **Oṃ Mantra** as expression of the name of God.

vide also **Dvātriṃśat Vidyā**

Ujjāyī

Lit. 'causing victory'

In **Haṭha Yoga** one of the eight major kinds of **Prāṇāyāma**

Umā

A form of **Devī**

Unmādana

One of the five arrows of **Kāmadeva** the one causing intoxication with love

vide also **Sarvonmādiṇī**

Unmanī (also **Unmanī Avasthā**)

Lit. 'to become absent in mind'

A kind of state beyond the experience of the mind

Unmanī Avasthā

vide **Unmanī**

Unmanībhāva

Absence of mind as attitude (**Bhāva**)

vide also **Unmanī**

Unnetṛ

In the **Veda**-s a helper priest assisting the **Adhvaryu** priest by pouring the **Soma Rasa** into the recipients

Upacāra

Offering used for worship

Upādāna

The act of accepting

vide also **Anaṅgamālinī**, **Upāsana**

Upadeśa

Advice

Upakosala Vidyā

The knowledge of **Upakosala**

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s. This **Vidyā**, named after **Upakosala Kamalāyana**, a disciple of **Satyakāma Jābāla**, deals with the knowledge of the three kinds of **Agni** and their **Loka**-s as levels of awareness.

vide also **Dvātriṃśat Vidyā**

Upaniṣad

Lit. 'sitting by the side'

A class of philosophical works exposing the secret doctrine

They are regarded as a source of **Vedānta**, **Sāṃkya** and **Yoga** philosophies, the secret knowledge acquired by sitting near the master.

vide also **Mahāvākya**

Upāsaka

Worshipper, devotee

Upāsana

The external worship and contemplation with the aim to integrate in oneself the two polarities as **Śiva - Śakti**

It has five stages i.e. **Abhigamana** (approach), **Upādāna** (acceptance of offering), **Ijyā** (oblation), **Svādhyāya** (recitation of **Mantra**-s), and **Yoga** (devotional feeling of unity).

vide also **Saguṇopāsana**

Upasarga

Obstacle in spiritual life

Upastha

Sexual organs

vide also **Karmendriya**

Upasthatattva

The **Tattva** of **Upastha**

Upavas

Lit. 'sitting by the side of God'

Fasting

Upāya

A means to successfully approach an action; a stratagem

There are various **Upāya**-s depending on purpose.

Upekṣa

The act of ignoring or disregarding (also **Upekṣā**)

Upekṣa is also one of the **Citta Prasādana**-s as an attitude towards people full of vice.

vide also **Anaṅgamekhalā**

Ūrdhvamūla

Lit. 'upper origin'

Brahman as the root cause represented by **Adhaḥśākha**

Ūrdhvaretas

Lit. 'raising the semen upwards'

A certain condition of a **Yogī** when the sexual energy is sublimated

For this purpose **Mudra Bandha**-s techniques are recommended.

Ūrdhvaśakti

The upper one of the **Kuṇḍalinī Śakti**-s

Uruloka

Lit. 'great world'

The wide space; awareness of the vast space

Uṣas

In the **Veda**-s represents the dawn, awakening, blossoming, full-moon night; the Dawn Goddess as symbol of awakening

Uṣasta Kohala Vidyā

A **Veda Vidyā**, one of the thirty-two **Vidyā**-s that deals with the knowledge of **Uṣasta Cākrāyaṇa** and **Kohala Kauṣītaka** about the bondage of the Soul. Only through renunciation will come the knowledge leading one to **Devaloka**.

vide also **Dvātriṃśat Vidyā**

Uṣṇa

Lit. 'hot; passionate'

The mental activity of being ardent, passionate

vide also **Sarvarogahara Cakra**, **Kāmeśī**

Uṣṭrāsana

The camel **Āsana**

Utkaṭāsana

The hazardous **Āsana**

Utkrānti

Levitation as a result of possessing **Laghimā Siddhi**

It is considered that levitation can be experienced by mastery over **Udāna Vāyu**.

Uttānakūrmāsana

The straight tortoise **Āsana**

Uttānamaṇḍukāsana

The straight frog **Āsana**

Uttarāyana

Sun's progress north of the equator (from 22nd Dec. to 21st June) expressing the northwards way to **Yama**'s quarter; the bright path

The passage of the sun is called **Uttarāyana Saṃkrānti** or **Saṃkrānti**. For the departed soul it offers the experience of **Agni** and **Jyotir** i.e. the consciousness will not return to the material plane.

vide also **Dakṣiṇāyana**

V

Vacana

The act of speaking

vide also **Anaṅgakusumā**

Vācika

Kind of worship of **Devī** by speech; any vocal worship

vide also **Yāga**

Vāditva

The ability to speak clearly

vide also **Pāṇḍitya**

Vagbhavakūṭa

One group (section) of **Pañcadaśi** presided over by **Agni**

Vāgdevī

A deity of mental expression

The **Vāgdevī**-s are expressions of some mental activities or qualities, out of which the speech is only one. There are eight **Vāgdevī**-s (each being the **Devatā** of one expression only) namely: **Vaśinī**, **Kāmeśi**, **Modinī**, **Vimalā**, **Aruṇā**, **Jayinī**, **Sarveśī** and **Kaulinī.**

vide also **Sarvarogahara Cakra**

Vāgmitva

The ability of eloquence

vide also **Pāṇḍitya**

Vahni

Fire

The **Aṃśa**-s of **Vahni** in the **Piṇḍāṇḍa** are the five **Jñānendriya**-s

vide also **Bhūta**

Vahnikalā

The essence of fire

vide also **Sarvarakṣākara Cakra**

Vahnisāra Dhauti

One of the **Antardhauti**-s (known also as **Agnisāra**) a yogic technique to increase **Jaṭharāgni** by fire purification

Vahnitattva

vide **Tejastattva**

Vahnivāsinī

One of the **Nityā Śakti**-s

Vaidika

Lit. 'relating to ***Veda****'*

The name of the Vedic tradition

Vaikharī

The physical (vocal) stage of **Śabda** (vide)

Vaikuṇṭha

A name of **Indra** or **Viṣṇu**; the paradise of **Viṣṇu**

Vairāgin

Somebody who has accomplished **Vairāgya**

vide also **Taparloka**

Vairāgya

Detachment (i.e. expression of inner freedom) as one of the eight **Bhāva**-s

The inner freedom as freedom of the mind is seen to giving up **Rāga** and **Dveṣa** through control by the mind. It is the level of awareness of **Taparloka**.

vide also **Avairāgya**, **Pañcāgni**

Vairatyāga

Cessation of enmity as a result of **Ahiṃsāpratiṣṭhā**

Vaiśākha

The month corresponding to parts of April/ May

vide also **Māsa**

Vaiśeṣika

One of the **Ṣad Darśana**-s

Vaiṣṇava

A follower of **Viṣṇu**; the **Viṣṇu** tradition

Vaiṣṇavī

vide **Trimūrti**

Vaiśvadeva

Lit. 'relating to all the gods'

All **Deva**-s (gods)

A **Vaiśvadeva** ceremony consists in homage to all the gods followed by food offering to the gods, particularly to **Agni.** Practically the act of eating should be seen as an offering to **Agni** who takes the form of fire of digestion.

vide also **Vaiśvānara**

Vaiśvānara

Lit. 'relating to all the people'

Humankind, God as humankind (also **Vaiśvānara Ātmā**)

vide also **Vaiśvadeva**, **Vaiśvānara Vidyā**, **Saṃvarga Vidyā**

Vaiśvānara Ātmā

vide **Vaiśvānara**, **Vaiśvānara Vidyā**

Vaiśvānara Puruṣa

The mental consciousness of the humankind as kind of **Puruṣa** of the conscious individual mind

vide also **Vaiśvānara**

Vaiśvānara Vidyā

The knowledge **Vaiśvānara**

A **Veda Vidyā** (one of the thirty-two **Vidyā**-s) deals with the knowledge of **Vaiśvānara Ātmā** as humanity and the corresponding relation to the human body. The macro/ micro relation will make some human activities as access gates to the macro world. The act of eating is to be seen as an offering to **Vaiśvānara**, the own heart as **Vedi**, the digestive fire as **Agni**, etc.

vide also **Dvātriṃśat Vidyā**, **Vaiśvānara**

Vaiśya

One of the **Varṇa**-s in the Vedic tradition consisting of tradesmen and agricultural people

Vajra

Thunderbolt seen as **Indra**'s bow representing the power of discrimination

Vajra Nāḍī

A channel of energy outside the **Suṣumnā Nāḍī**

vide also **Vajrolī**

Vajrāsana

The diamond **Āsana**

Vajreśvarī

Lit. 'the diamond queen'

One of the **Āvaraṇa Devatā**-s presiding over the principle of existence of **Ahaṃkāra**

vide also **Sarvasiddhiprada Cakra**

Vajrolī Mudrā

The **Vajra Nāḍī Mudrā** as one of the **Mudrā Bandha**-s

Vajsaṃhananatvāni

Adamant hardness as one of the four **Kāya Sampad**-s

Vāk

Lit. 'speech, vibration; mouth'

The primordial sound known also as **Śabda** (vide)

vide also **Dhenu**

Vāk Devī

vide **Śabda**

Vāktattva

The **Tattva** of **Vāk**

Vāmācāra

The left-hand division of **Tantra** as spiritual path with own wife whose place traditionally is to the left of her husband. This path is known also as **Vāma Mārga.**

Vāmakrama

Yogic technique of alternative nostril breathing as one of the three **Kapālabhāti**-s

Vāma Mārga

vide **Vāmācāra**

Vāmana

An incarnation of **Viṣṇu** as dwarf, a representation of the dawn of human existence

Vamana Dhauti

Cleaning by vomiting as one of the **Hṛd Dhauti**-s in order to cure the diseases coming from **Doṣa**-s

Vānaprastha

Lit. 'hermit, anchorite'

vide **Āśrama**

Vandana

One of the nine **Aṅga**-s of **Bhakti Yoga** as the devotional act of prostration before the image of the Lord

Vārāhi

The **Śakti** of the Boar (**Varāha**) **Avatāra** of **Viṣṇu**; the earth

Vara Mudrā

The gesture of granting boons (favours)

Varaṇa

The obstacle that does not allow the individual consciousness (**Jīvātman**) to manifest

There are three **Varaṇa**-s namely **Mālā** (impurity of the mind), **Vikṣepa** (distraction), **Āvaraṇa** (the covering of the inner reality), their process of removal is called **Varaṇabheda**.

Varaṇabheda

The process of removal of obstacles (**Varaṇa**)

Varga

Group, family

Vārisāra Dhauti

One of the **Antardhauti**-s, as purification with water

Varjana

Things to avoid as observance on the **Yoga** path

There are seven kinds of **Varjana**-s (according to **Amṛtabindu Upaniṣad**) namely **Bhaga**, **Krodha**, **Ālasya**, **Atisvapna**, **Atijāgara**, **Atyāhāra** and **Anāhāra**.

Varṇa

The four main classes (castes) described in **Manu**'s code, viz. **Brāhman**-s, **Kṣatriya**-s, **Vaiśya**-s and **Śūdra**-s; the **Saṅskrit** letter

Vārta

The sense of supernormal smelling

vide also **Prātibha**

Vartamāna Dharma

The inherent property of present time, one of the three **Dharma**-s (as inherent properties of time)

Varuṇa

Lit. 'the one who covers'

A Vedic god as personification of space

In the **Veda**-s the god of heaven and earth having many attributes. Later on **Varuṇa** was associated with the waters of the atmosphere. In the Vedic literature **Varuṇa** is invoked together with **Indra**, **Mitra**, **Agni**, **Yama**, etc., as associations of attributes. **Varuṇa** is also one of the twelve **Āditya**-s.

Varuṇa Dharmapati

Varuṇa the lord of right conduct

One of the eight **Devasū**-s, an aspect of **Varuṇa**

Varuṇa Mudrā

The gesture of **Varuṇa**

Vāruṇī Nāḍī

The **Nāḍī** connected to the right shoulder

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvahlādiṇī**

Vāsanā

The mental form as impression becoming resident in the form of **Saṃskāra** as latent potentiality; the basic structure of mental consciousness

The accumulated impressions are generated by **Abhiniveśa** (will to live) as a process without beginning. **Vāsanā**-s stop to accumulate when their cause (i.e. the **Kleśa**-s) will cease to create afflictions. The **Vāsanā**-s will disappear through the elimination of four factors namely **Hetu** (cause), **Phala** (effect), **Āśraya** (support of an experience) and **Ālambana** (object of an experience) therefore **Citta** becomes pure and capable to reflect both the **Draṣṭa** and the **Dṛśya**.

vide also **Sarvārtha**

Vaṣaṭ

vide **Dhenu**

Vaśikāra

A high form of **Vairāgya**

Vaśikaraṇakarma

Lit. 'action of subjugating'

One of the **Ṣaṭkarma**-s which gives the power to attract and bring under control gods, men, women and animals and make them to act according to the one's desires

One of the five malefic rites in the **Tantra**-s.

Vaśinī

The subduing (mastering) One

One of the **Vāgdevī**-s corresponding to the mental activity of **Śita** (calm).

vide also **Sarvarogahara Cakra**

Vasiṣṭha

Name of a **Ṛṣi** an exponent of Vedanta teaching

vide also **Saptaṛṣi**, **Brahmā**, **Samaya**, **Kāmadhenu**

Vaśitva

Lit. 'fitness for subjection'

One of the eight yogic powers of keeping others under control

vide also **Siddhi**, **Aṣṭasiddhi**

Vāsodhauti

Cleaning by cloth as one of the **Hṛd Dhauti**-s in order to cure many diseases

Vasti

vide **Basti**

Vaśya

The subjecting to one's will by **Mantra**-s, **Yantra**-s, etc.

Vaśya Siddhi

The power of subjugation

vide also **Siddhi**

Vāta

One of the three **Doṣa**-s

In **Āyurveda** system a deficiency of air as a cause to diseases.

Vātasāra Dhauti

One of the **Antardhauti**-s, as air purification

Vātsalya

Affection; one of the **Bhāva**-s of **Bhakti Yoga**, also one of the **Rasa**-s

Vauṣat

A certain **Mantra**

Vāyavī Dhāraṇā

The **Dhāraṇā** on air as one of the **Pañcadhāraṇā**-s

Vāyu

Lit. 'wind, air, breath'

Air, vital air; the god of air

The **Aṃśa**-s of **Vāyu** in the **Piṇḍāṇḍa** are the five major vital airs viz. **Apāna**, **Samāna**, **Prāṇa**, **Udāna**, **Vyāna** and the five minor airs viz, **Nāga**, **Kūrma**, **Kṛkara**, **Devadatta** and **Dhanañjayā**. In the **Ṛg Veda**, **Vāyu** is the god of the wind.

vide also **Bhūta**, **Sarvārthasādhaka Cakra**, **Devasuṣi**

Vāyutattva

The **Tattva** of **Vāyu**

Veda

Lit. 'knowledge, wisdom'

A collection of writings structured in four parts **Saṃhitā**, **Brāhmaṇa**, **Āraṇyaka** and **Upaniṣad**

vide also **Ṛtvija**, **Brahma Tantra**, **Sat Cit Ānanda**

The main **Saṃhitā**-s are **Ṛg**, **Yajur**, **Sāma** and **Atharva**. As religion the **Veda**-s are called the **Ārya Dharma** (path of noble people). The gods of Vedic trinity are **Indra**, **Agni** and **Sūrya**. **Soma** is also a very important deity, so the fourfold godhead of the **Veda**-s are **Indra**, **Agni**, **Soma** and **Sūrya**.

Vedācāra

The **Veda**-s based division of **Tantra**

It involves specific practices of meditation in order to raise **Kuṇḍaliṇī** through the will power.

vide **Tantra**

Vedana

The sense of supernormal touching

vide also **Prātibha**

Vedānta

*Lit. 'end of **Veda**'*

One of the **Ṣad Darśana**-s teaching the essence of the **Veda**-s

Veda Sādhana

A practice from **Veda**-s

vide **Sādhana**

Veda Vidyā

The knowledge of **Veda**-s

There is a wide variety of **Veda Vidyā**-s, their practice is called **Veda Sādhana**. An attempt for their classification is made in the **Dvātriṃśat Vidyā**-s taxonomy, however there are other **Veda Vidyā**-s outside it. This knowledge that comes from Vedic scriptures is considered to be higher **Yoga** and a subject to be learned from a qualified person. The most important works on various **Veda Vidyā**-s are seen to be **Chāndogya** and **Bṛhadāraṇyaka Upaniṣad**-s, **Vedānta Sūtra**, **Satapatha Brāhmaṇa**, **Kauṣītakī Upaniṣad**. The purpose of **Veda Vidyā**-s is the knowledge of **Brahman**.

vide also **Veda**, **Vedācāra**, **Dvātriṃśat Vidyā**

Vedha Siddhi

The power to be pious and faithful

vide also **Siddhi**

Vedi (also Vedī)

Sacrificial ground

vide also **Vaiśvānara Vidyā**

Vedyagni

The fire on the **Vedi**

Vega

Lit. 'agitation, emotion, excitement; effect of poison; flood of water or tears; semen virile'

vide **Anaṅgaveganī**

Vibhu

The hall in the **Brahmaloka** standing for **Ahaṃkāra**

vide also **Paryaṅka Vidyā**

Vibhūti

The power of an enlightened Soul; the supernatural power known also as **Siddhi** described in the third chapter of **Yoga Sūtra**

Vicakṣaṇa

The throne in the **Brahmaloka** standing for **Mahat**

vide also **Paryaṅka Vidyā**

Vicāra

The state of consciousness flowing without the basis of **Śabda** (as word) and being able to discriminate

Vicāra is a **Sūkṣma** (subtle) kind of **Viṣaya.**

Vidveṣaṇakarma

Lit. 'action of exciting enmity'

One of the **Ṣaṭkarma**-s which gives the power of creating ill-feelings and separating two parties like friends, lovers, relatives, etc.

One of the five malefic magical rites in the **Tantra**-s.

Vidyā

Lit. 'that which expands'

Science, knowledge, learning; meditation conducting to knowledge; non-duality

vide also **Dvātriṃśat Vidyā**, **Mahāvidyā**, **Jñāna**, **Kaivalya**, **Sahaja**

Vidyādhara

A kind of being possessing of magical powers attending upon **Śiva** in the **Himālaya**-s; fairy

Vidyā Kañcuka

Form of **Śakti** limiting the perception of the real knowledge as being one with the primordial unity of **Śiva Śakti**

vide also **Tattva**, **Vidyātattva**

Vidyāpīṭha

A symbol of creation as attribute of the **Devī** in the **Śrī Vidyā** (i.e. the **Śrī Yantra**)

vide also **Pitha**

Vidyārāja

The Royal Science

vide **Paṇcadaśī**

Vidyātattva

The **Tattva** of **Vidyā Kañcuka**

Vighneśvara

Lit. 'remover of obstacles'

A name of **Gaṇeṣa**

Vijayā

One of the **Nityā Śakti**-s; ever victorious

Vijñāna

Perception; direct perception of **Brahman** as manifestation (i.e. **Saguṇa Brahman**)

vide also **Jñāna**, **Bhūma Vidyā**

Vijñānamaya Kośa

The body of intellect as sphere of consciousness known also as **Buddhimaya Kośa** it is the expression and experience of the intellect and has the seat in the **Viśuddhi** and **Ājñā Cakra**-s.

Vikalpa

A part, aspect or concept as object of meditation; one of the five **Cittavṛtti**-s

vide also **Savikalpa Samādhi**, **Nirvikalpa Samādhi**

Vikaraṇa Bhāva

The state of perception without the instrumentality of **Jñānendriya**-s and **Karmendriya**-s

Vikṣepa

Lit. 'what distracts or diverts'

Distraction on the path of **Yoga**

There are nine **Vikṣepa**-s in the form of **Citta Vṛtti**-s (vide). **Vikṣepa** is also one of the two functions of **Māyā** as the illusion of believing that Self-realization lies without.

Vikṣepasahabhū

Associate obstructive distraction on the path of **Yoga** (vide **Yoga Sūtra** I.31)

There are four **Vikṣepasahabhū**-s namely **Duḥkha**, **Daurmanasya**, **Aṅgamejayatva** and **Śvāsa Praśvāsa** connected to the **Kośa**-s (except **Ānandamaya Kośa** which transcends distraction). The four **Vikṣepasahabhū**-s are associated to the nine **Citta Vikṣepa**-s as obstructive distractions in **Yoga**.

Vikṣipta

Agitated state as one of the five **Cittabhūmi**-s

Vimalā

The afflicting One

One of the **Vāgdevī**-s corresponding to the mental activity of **Duḥkha** (distressed)

vide also **Sarvarogahara Cakra**

Vimāna

The celestial chariot

Vimarśa Śakti

Manifested Power

Aspect of **Śakti** inclined towards creation. **Śiva** is the other aspect called **Prakāśa**. According to **Kāmakalāvilāsa** work, it is the pure mirror in which **Śiva** reflects Himself.

vide also **Śiva**, **Śakti**, **Śiva Śakti**, **Ādyāśakti**

Vīṇā

The Indian lute usually having seven strings

The most celebrated one is **Vīṇa** of **Sarasvatī**. There is also a **Tantra** called **Vīṇā Tantra**.

vide also **Tantrī**

Viparīta Karaṇī

Lit. 'inverted effect'

The reversal polarity as one of the **Mudrā Bandha**-s

Viparyaya

Incorrect knowledge as a form of **Avidyā** and one of the five **Cittavṛtti**-s

vide also **Pramāṇa**

Vīra

A kind of **Sādhaka** at a level between **Paśu** and **Divya** in the **Tantra**-s; heroism as one of the **Rasa**-s

In a **Vīra** kind of person the **Rajas Guṇa** is predominant.

vide also **Sādhaka**

Vīra Bhāva

One of the **Bhāva**-s as a state of human personality based on activity and motion, therefore of **Rajas** nature

vide also **Sādhaka**

Vīrācāra

The second kind of initiation in the **Tantra Sādhana**

vide **Tantra Sādhana**

Virajā

The ageless river in the **Brahmaloka** whose crossing enable the devotee never to grow old, but to live to the age of **Brahmā** i.e. to attain Self-realization

Vīrāsana

The hero **Āsana**

Viriñci

Lit. 'he who creates'

A name of **Brahmā**

Vīrya

Physical and mental energy; courage to overcome obstacles on the path of **Yoga**

It represents the energy accumulated by sublimation of sexual energy in order to stimulate the

unfolding of consciousness.

Vīryayojanā

Lit. 'energy union'

The process in which the **Guru** gives to the disciple the power of a **Mantra**

Visarga

The symbol of two dots (:) pronounced like H with a distinctly audible aspiration; the act of evacuation of excrement

Esoterically is the symbol of **Śiva Śakti** as a double **Bindu.**

vide also **Bindu**, **Anaṅgaveganī**

Visarjana

The act of throwing the image of a deity into holy water as a rite of bidding farewell at the end of a festival or worship

It has either practical or symbolical aspects.

Viṣaya

An object of sense perception , knowledge or meditation

vide also **Vicāra**, **Vitarka**

Viṣayakāra

The active state of **Citta** in which identifies itself with the senses

Viṣayakāra Vṛtti

The **Vṛtti** of **Viṣayakāra** state

Viṣayavatī Pravṛtti

The sense experience as kind of **Dhāraṇā** on **Tanmātra**-s

Viśeṣa

Lit. 'without difference'

One of the four **Guṇaparva**-s in which **Savitarka Samādhi** is experienced

The difference has to be seen as the distinction between **Puruṣa** and **Prakṛti**, in **Yoga** an essential experience.

vide also **Ātmabhāva**

Viṣṇu

Lord **Viṣnu** one of the Hindu trinity (**Trimurti**) protector of the Universe, presiding over the preservation of the **Brahmāṇḍa**; the **Devatā** of **Āp Bhūta**

His vehicle is **Garuḍa**, the Eagle. Lord **Viṣnu** is the consort of **Lakṣmī**. There are ten incarnations (**Avatāra**-s) of **Viṣnu** namely Fish (**Matsya**), Tortoise (**Kūrma**), Boar (**Varāha**), Man-lion (**Narasiṃha**), Dwarf (**Vāmana**), **Paraśurāma**, **Rāma**, **Kṛṣṇa**, **Buddha** and **Kalki** as evolutionary unfolding of the universe. **Viṣnu** is also one of the twelve **Āditya**-s.

Viṣṇugranthi

*Lit. 'knot of **Viṣnu**'*

Located in the **Sūrya Khaṇḍa** represents the attachment to **Krodha** (anger) and **Moha** (infatuation)

Viśokā

The process of removal of sorrow

vide also **Jyotiṣmatī**

Viśuddhi Cakra (also **Viśuddha Cakra**)

*Lit. 'purification **Cakra**'*

The **Cakra** located on the vertebral column behind the throat pit

This **Cakra** is associated with the **Jñānendriya** of **Śrotra**, the **Karmendriya** of **Vāk**, the **Tanmātra** of **Śabda**, is the center for **Udāna Vāya** and the seat of **Vijñānamaya Kośa**, the level of awareness is **Janarloka**.

vide also **Sākinī**

Viśva

All pervading, universe

Viśvadarā Nāḍī

The **Nāḍī** connected to the right cheek

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvakarṣiṇī**

Viśvakarman

Lit. 'the one who creates everything'

A Vedic god personifying the creative force

Viṣvanātha

Lit. 'Lord of the universe'

A name of **Śiva**

Viśva Puruṣa

A mental consciousness of the world as kind of **Puruṣa** of the conscious mind

Viśvarūpa

The cosmic form

Vitalaloka

vide **Loka**

Vītarāga

A person who has renounced attachment (**Rāga**)

Vitarka

The state of consciousness flowing with the basis of **Śabda** (as word) and being able to discriminate; intention

Vitarka is a **Sthūla** (gross) kind of **Viṣaya.**

Vivasvat

Harmony in nature as one of the twelve **Āditya**-s

Viveka

Discrimination between real and unreal, reality and illusion as a process of **Jñāna Yoga**

It is the level of awareness of **Satyaloka** and the expression of freedom from **Mada** (pride).

vide also **Pañcāgni**, **Vajra**

Viveka Jñāna

Discriminative knowledge

vide also **Satyaloka**

Vivekakhyāti

The knowledge through **Viveka** as a continuous process of awareness of the reality (**Sat**) and fulfilment of **Hāna** (liberation)

vide also **Pratiprasava**, **Khyāti**

Vrata

Lit. 'vow; service'

A rite of devotion or vow of austerity; a rite of Goddess worship

In the **Veda**-s signifies the milk as the only food after taking the vow of such austerity.

Vṛkṣāsana

The tree **Āsana**

Vṛndāvana

The village on the river where **Kṛṣṇa** spent his youth, today an important place of pilgrimage

Vṛṣabha

In the **Veda**-s a name for the bull (known also as **Vṛṣan**) representing the power behind the creation complementing **Dhenu** (the milk cow). **Vṛṣabha** has to be seen as the symbol of the male principle in the **Veda**-s, a parallel concept with **Puruṣa** in **Yoga.**

Vṛṣabha Dhenu

In the **Veda**-s the bull and the milk cow as symbols of two polarities viz. heaven and earth, father and mother, male and female, a parallel concept with **Puruṣa** and **Prakṛti** in **Yoga**. The heaven-earth unity is often personified in the **Veda**-s as **Varuṇa**.

Vṛṣan

In the **Veda**-s the bull

vide **Vṛṣabha**

Vṛṣāsana

The bull **Āsana**

Vṛtra

In the **Veda**-s the dragon as symbol of ignorance

vide also **Avidyā**, **Ajñāna**

Vṛtrahan

In the **Veda**-s a name of **Indra** as destroyer of **Vṛtra**

Vṛtti

Condition of a mental activity having as background the **Citta**

The **Vṛtti**-s are of three kinds namely waking (**Jāgrat**), dreaming (**Svapna**) and dreamless sleep (**Suṣupti**)

The suppression of **Vṛtti**-s is an essential condition of the state of **Yoga** (vide **Cittavṛtti**), their superimposition on **Citta** will cease only when the state of **Dharmamegha Samādhi** is reached.

vide also **Avasthā**

Vṛttinirodha

The non-rise of any kind of **Vṛtti** in the **Citta** as a state of **Yoga**

vide also **Cittavṛttinirodha**

Vyādhi

The state of disease as one of the nine **Citta Vikṣepa**-s

Vyākaraṇa

Lit. 'separation, explanation'

Revelation; grammar

Vyākhyāna Mudrā

The gesture of explanation

Vyākhyātṛtva

The ability of clear explanation

vide also **Paṇḍitya**

Vyakta

The manifested principle of creation made up of the three **Guṇa**-s

vide also **Avyakta**, **Prasava**, **Pratiprasava**, **Abhivyaktikāraṇa**

Vyāna

The **Vāyu** which distributes and circulates the energy all over the body

vide also **Vāyu**, **Sarvārthasādhaka Cakra**, **Sarvapriyaṃkarī**, **Devasuṣi**

Vyāpti

Lit. 'attainment'

Acquisition of a **Tattva**

Vyoma

Ether; space

vide also **Bhūta**

Vyoma Pañcaka

The five subtle spaces as intermediate stages of **Dhāraṇa** viz. **Guṇa Rahita Ākāśa**, **Paramākāśa**, **Mahākāśa**, **Tattvākāśa** and **Sūryākāśa**.

Vyomatattva

vide **Ākāśatattva**

Vyutkrama

Yogic technique of taking water through both nostrils and expelling it through the mouth as one of the three **Kapālabhāti**-s.

Y

Yāga

Worship as general term in all Indian traditions

The **Devī'**s worship is of three kinds: **Antaryāga** (or **Kāyika**), **Bahiryāga** (**Bāhyayāga** or **Vācika**) and **Bhāvana** (or **Mānasa**). A special kind of worship is **Mahāyāga.**

Yajmāna

A priest presiding over **Yajña**

Yajña (also Yājña)

Lit. 'worship, prayer, devotion; oblation, offering, sacrifice'

The fire sacrifice as altar of the Vedic fire

Yājña means also sacrifice as one of the twenty-six **Daivīsampat**-s. **Yājña** is basically an expression of consciousness in a Vedic ritual form in order to obtain awareness, therefore a parallel concept to **Samādhi** in **Yoga.**

vide also **Ātmārpaṇa**, **Ṛtvija**, **Puruṣa Vidyā**, **Agni**, **Homa**, **Cidagni**, **Cidagni Kuṇḍa**

Yājñavalkya

A sage householder in the **Bṛhadāraṇyaka Upaniṣad**

vide also **Maitreyī Vidyā**

Yajur Veda

One of the four **Veda**-s known also as the sacrificial **Veda**

vide **Veda**

Yākinī

The **Śakti** residing in **Sahasrāra Cakra**

Yakṣa

A class of semi-divine beings

Yama

In the **Veda**-s the god who rules the spirits of the dead and presides over the **Pitṛ**-s; in **Yoga** one of the eight **Aṅga**-s of the **AṣṭāṅgaYoga** of **Patañjali**. It contains five moral codes of conduct viz. **Ahiṃsā**, **Satya**, **Asteya**, **Brahmacarya**, **Aparigraha** all as expressions of a balanced state of mind.

Yāmala

A class of **Tantra** works

vide **Śiva**, **Tantra**

Yamunā

A river in India commonly known as **Jumnā**

vide also **Prayāga**, **Triveṇī**

Yantra

Lit. 'amulet; mystical diagram'

A form-symbol of a deity; a Tantric symbol of unity of Macrocosm (**Brahmāṇḍa**) and Microcosm (**Piṇḍāṇḍa**); an expression of the supreme consciousness as diagram or symbol

The most celebrated **Yantra** is **Śrī Yantra**. A fundamental concept is that the human body as Microcosm is a **Yantra** therefore subject to meditation of various kinds.

vide also **Maṇḍala**, **Ṣadaṅga**

Yantropāsana

Meditation on **Yantra**

Yaśovatī Nāḍī

The **Nāḍī** connected to the right thigh

vide also **Sarvasaubhāgyadāyaka Cakra**, **Sarvastambhiṇī**

Yātrā

Expedition, pilgrimage, campaign with a spiritual purpose

Yoga (from the root Yūj i.e. to connect)

Lit. 'joining, yoking'

The state of union with the Divine; one of the **Ṣaḍ Darśana**-s; disunion between **Puruṣa** and **Prakṛti**

Yoga consists of different physiological, mental and spiritual practices of union, knowledge, awareness and understanding leading to self-discovery of the individual nature as well as the higher nature or cosmic Self. Traditionally Lord **Śiva** was the first **Yogī** who taught the **Yoga Vidyā** as part of **Tantra** to his wife **Pārvatī**, the first **Śiśya.** Any conscious step upwards is **Yoga**. There are many classifications of **Yoga**-s depending of kinds of practices. The main paths are considered to be **Jñāna Yoga**, **Karma Yoga** and **Bhakti Yoga** as described in the **Bhagavad Gītā** by **Kṛṣṇa**.

vide also **Pratiprasava**, **Yogī**, **Yogācāra**, **Trimūrti**, **Yoga Avasthā**

Yoga Anuṣṭhāna

The **Anuṣṭhāna** related to practices of **Yoga** as spiritual union

Yoga Avasthā

The **Yoga** state known also as **Bhūmikā**

There are four **Yoga** states namely **Ārambha**, **Ghaṭa**, **Paricaya** and **Niṣpatti** as gradual experiences of **Kuṇḍalinī** ascending (i.e. **Ārohaṇa**) the **Suṣumnā Nāḍī.**

Yogācāra

The **Yoga** based division of **Tantra**

The Tantric path based of yogic techniques

vide **Tantra**

Yoga Darśana

The Indian system of philosophy of **Yoga**

vide also **Ṣaḍ Darśana**

Yogamāyā Sādhana

The magical practices in the **Tantra**-s

vide also **Ṣaṭkarma**

Yogāṅga

The steps of **Yoga**

vide also **Aṣṭāṅga Yoga**

Yoga Nidrā

The yogic technique of conscious sleep by rotating the consciousness through the different parts of the body

Through **Yoga Nidrā**, the space of knowledge (i.e. **Cidākāśa**) is contacted. In the modern times **Yoga Nidrā** was reformulated by **Svamī Satyānanda Sarasvatī** (of Deoghar) from the Tantric tradition as an introduction to meditation (**Dhyāna**).

vide also **Saṃkalpa**

Yoga Sādhana

The practice of **Yoga**

vide **Sādhana**

Yogāsana

The union **Āsana**

Yoga Sūtra

The book of **Yoga** by **Patañjali** teaching the eight-fold path towards attaining spiritual liberation (**Nirvāṇa** or **Samādhi**)

vide also **Aṣṭāṅga Yoga**

Yoga Vidyā

The knowledge of **Yoga**

Yogī (also Yogi)

A male practitioner of **Yoga**; ascetic; one who has attained **Yoga**

As levels of spiritual realization there are four kinds of **Yogī** namely **Prathamakalpika**, **Madhubhūmika**, **Prajñājyoti**, **Atikrāntabhāvanīya**. The necessary conditions for a **Yogī** to step from one level to another and use **Siddhi**-s is to be able to overcome gradually **Saṅga** (attachment) and **Smaya** (pride). Then the **Devatā**-s will pay attention to the **Yogī**. After achieving the experience of **Dharmamegha Samādhi** the **Yogī** becomes **Āptakāma**, **Āptajñāna** and **Antasaṅkalpa** since the veil of knowledge has been removed.

vide also **Tīvrasaṃvega**, **Yoginī**, **Maithuna**

Yoginī

Female **Yogī**

Tantric female **Yogī** having magical powers (**Siddhi**-s). A **Yoginī** is also a female representing a goddess who is subject to adoration. Traditionally there are sixty-four **Yoginī**-s (i.e. **Cauśatti Yoginī**-s).

vide also **Maithuna**, **Tantra**

Yogyatā

The attitude and quality to be an enjoyer and an object of enjoyment in the same time

Yoni

Lit. 'womb; source, origin; place of rest, home; vagina'

The matrix of generation as a symbol of cosmic primordial source of the material world

Yonikuṇḍa

A particular **Yantra** diagram; a place of oblation and worship in the **Śakta** tradition

Yoni Liṅga

The symbol of divine energy of creation; the clitoris

Yonimaṇḍala

vide **Sarvasiddhiprada Cakra**

Yoni Mudrā

The foetus **Mudrā** as one of the **Mudrā Bandha**-s

vide also **Laya Siddhi Yoga**

Yonimukta

A person released from being born again

Yonipīṭha

A symbol of creation as attribute of the **Devī** in the **Yoni** form

vide also **Pīṭha**, **Kāmarūpa Pīṭha**

Yuga

Cosmic age of the world

There are four **Yuga**-s, viz. **Satya** (or **Kṛta**), **Tretā**, **Dvāpara** and **Kali**, comprising an aggregate of 4,320,000 years which constitute a **Mahā Yuga**. From **Satya Yuga** down to **Kali Yuga** there is a step-by-step deterioration in the condition of the world. **Yuga**-s are in fact the material macrocosmic expression of the age of a human being, i.e. **Brahmāṇḍa** vs. **Piṇḍāṇḍa**.

Yuktatriveṇī

A name for **Ājñā Cakra** as a place of upper intersection of the three main **Nāḍī**-s

vide also **Prayāga**



The author

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